

**SERENITY NOW** QUIET YOUR  
MIND WITH MEDITATION P.43

**HARDWORKING,  
GOOD-LOOKING  
LAUNDRY SOLUTIONS**

**\* BEST-EVER \***  
CORN ON THE COB

# Canadian Living

**40<sup>th</sup>**  
ANNIVERSARY

*Savour  
summer*

THE  
ULTIMATE  
FRIED  
CHICKEN  
P.76

**265**

RELAXED  
SUMMER  
FOOD, HOME  
DECOR &  
STYLE IDEAS

**QUICK &  
EASY FRUIT  
DESSERTS**

SO VERSATILE

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# Give it a try

**T**sobel, be careful!” The words come out of my mouth like a reflex—a mother’s instinct to protect a child she knows to be a curious explorer, a natural athlete, a bit of a risk-taker. This is a kid who nearly broke her finger catching a hockey puck with her glove, then refused to skate to the bench so her dad (who’s one of the coaches) could take a look. “There were tears in my eyes, Mommy, but I wanted to finish the game.”

She not only finished the game, blocking several more shots in the process, but also played a second match the next morning, with the tender finger (it wasn’t broken, thankfully) taped to its neighbour. Granted, not having to spend the night in the ER may have helped my outlook, but in the sober light of day, I realized that the last thing I want to do is caution away my girl’s determination to succeed.

Yet that’s what well-meaning moms like me have done for generations. Consciously or not, we discourage our daughters, more so than our sons, to avoid risk and exercise caution. While it may stave off a scraped knee or two, risk aversion may also prevent women from achieving the kind of professional and personal success they’re capable of.

Of course, I don’t want my daughter to get hurt. But more than that, I want her to challenge herself, stoke her natural determination, not be afraid to try.

Now, I’m challenging myself, too, in baby steps. This year, I tried Bikram yoga for the first time and discovered that it isn’t too late to stretch my hamstrings and strengthen my core. For most of my life, I have loved the look of brow-grazing bangs but have shied away from them after being told by many stylists that (a) my forehead is too short and (b) my naturally frizzy hair would make maintenance a huge hassle. Pshaw, said another



spunky lady in my circle: hair and makeup artist Buffy Shields, who styled my ’do for the photo above. It’s the best of both worlds: the look of bangs, no haircut necessary! If you have long hair, simply pull it into a ponytail or bun and bring some of the ends forward, pinning them into place in the shape of a fringe.

Go ahead and try it!

Sandra E. Martin,  
multiplatform editorial director



Watch for  
this seal!

It’s our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You’ll find it in the pages of the magazine and online at [canadianliving.com/CL40](http://canadianliving.com/CL40).



Ballet of Canada performances even more enchanting. Sonia’s offering a piece of that magic to one lucky person, who’ll win a pair of her pointe shoes! Learn how at [canadianliving.com/soniachat](http://canadianliving.com/soniachat).

## WIN SONIA’S POINTE SHOES

Having seen Sonia Rodriguez in real life (I love the pic of her with her sons on page 14) makes her National

## KERNELS OF TRUTH

Local corn is in season! My mom and dad swore that boiling corn with a splash of milk enhances its natural sweetness.

But were they right? The Canadian Living Test Kitchen tried four stovetop cooking methods to uncover which yields the yummiest cobs. Read for yourself at [canadianliving.com/cookingcorn](http://canadianliving.com/cookingcorn).





# Canadian Living

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Food styling, Nicole Young  
Prop styling, Madeleine Johari

PHOTOGRAPHY: DEREK SHAPTON (WOMAN); RYAN SZULC (FOOD); JOHN MCCRAE (HOUSE)



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# Sonia Rodriguez

**T**

**HE FIRST BALLET** Sonia Rodriguez ever watched was on TV. Just five years old, she was immediately taken with the dancers moving across the screen in *Swan Lake*. “It was the most beautiful thing I had ever seen,” she recalls. “The women looked like they were floating onstage. They looked so free. I wanted to be part of that magical world.”

Now, nearly 40 years later, the Toronto-born ballerina still feels her own sense of freedom when she performs. “After all the work you do, you get onstage and it’s about what’s happening in that moment. Nothing else matters,” says Sonia. “There’s something exhilarating about that.”

She has shared that exhilaration with countless audiences. In a June performance as Princess Aurora in *The Sleeping Beauty*—one of her favourite ballets and the first in which she appeared as a principal dancer in 2000—she celebrated 25 years with The National Ballet of Canada. The anniversary is a huge accomplishment for any dancer, but for Sonia, it’s heightened by the fact that she danced professionally while raising two kids with her husband, champion figure skater Kurt Browning.

While having children is a major life decision no matter your profession, it carries extra implications for a dancer. “There is a stigma that a dancer can’t go back,” explains Sonia. “Your body goes through a lot of changes during and after pregnancy but, to be honest, I never questioned it. After having my first child, I felt like I could tackle anything.” Indeed, Sonia returned to work just two months after giving birth to Gabriel, now 11. Four years later, she had her second son, Dillon, now seven.

Sonia believes motherhood has made her a stronger dancer and a stronger person. “I’m in a place where I know who I am as an artist,” she says. “I don’t feel like I’m trying to be something for somebody.”

That confidence and passion seem to have rubbed off on her children. Gabriel loves acting and says he’d like to be on TV when he grows up. “When I watch her do ballet, it makes me feel kind of good that she’s doing what she loves,” he says. “It makes me feel that I should do what I love, too.” Dillon, meanwhile, is following in his father’s footsteps as a figure skater and can already land a loop jump.

Listening to her kids’ dreams helps keep everything in perspective for Sonia. “I’ve been fortunate that I’m able to do something that I love so much,” she says. “I can only hope that they find something that makes them this happy.” — Jill Buchner



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AN IMPRESSIVE FIRST IMPRESSION

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The all-new 2015 Chrysler 200 will change the way you look at North American-built sedans. For starters, it's Canada's most affordable mid-size! Its sophisticated aerodynamic design, finely sculpted curves and striking profile only hint at the crafted, premium amenities that await. You'll find comfort and quality in every detail, from available Nappa leather-faced seating and real wood trim to the innovative pass-through console. In fact, this remarkable blend of high-end fit and finish and ingenious engineering has been recognized with the *Ward's 10 Best Interiors Award*. The all-new 2015 Chrysler 200, impressively priced at just \$22,495<sup>1</sup>



chrysler.ca



<sup>1</sup>Based on 2014 *Ward's* Lower Middle sedan segmentation and MSRP of base models. <sup>2</sup>MSRP for 2015 Chrysler 200 LX excludes freight (\$1,695), insurance, registration, taxes, dealer and other fees. MSRP for 2015 Chrysler 200C model shown: \$28,695.



AUGUST 2015

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## BARBECUE ACCOMPANIMENTS

Our Tested-Till-Perfect side dishes will rock your next cookout.

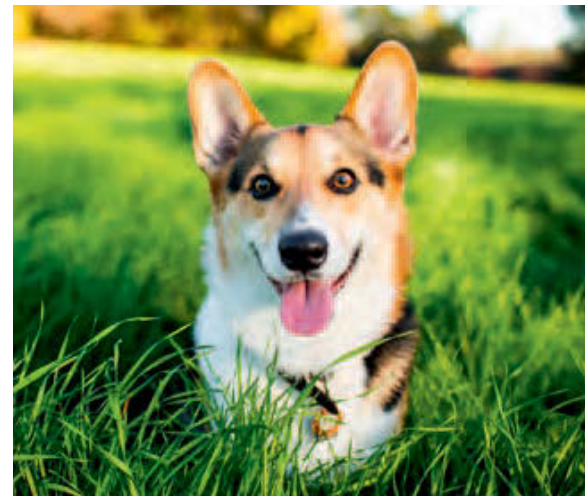
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## CANADIAN LIVING COOKS WITH KRAFT

# Your Bite, Your Way!

“When my daughter Jordyn heads back to university after a weekend visit, she raids the cupboards to make these treats. She packs them up and snacks on them during her study sessions.” - TERESA SOUSA, Assistant Editor

## STUDY TIME PEANUT BUTTER SNACK BITES

**HANDS-ON TIME:** 15 minutes **TOTAL TIME:** 45 minutes **MAKES:** about 16 bites

1 cup large-flake rolled oats  
½ cup **Kraft** Smooth Butter  
½ cup banana chips, finely  
chopped  
½ cup mini dark chocolate  
chips  
¼ cup liquid honey

**MIX** together oats, peanut butter,  
banana chips, chocolate chips  
and honey in large bowl.

**CHILL** until firm, about  
30 minutes.

**ROLL** by 2 tbsp into balls.



**PER BITE:** about 134 cal, 3 g pro, 8 g total fat (3 g sat. fat), 15 g carb (2 g dietary fibre, 8 g sugar), 0 mg chol, 34 mg sodium, 70 mg potassium. % RDI: 1% calcium, 6% iron, 5% folate.

Get more recipes at [sticktogether.ca](http://sticktogether.ca)

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**What makes  
you happiest?**

# Canadian Living

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"Warm, sunny  
weather and  
feeling healthy."

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"Unexpected  
'little things.'"

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"Helpful strangers  
when visiting  
another city."

"A siesta after the  
perfect beach day."

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"Kissing my son's brow  
after he's gone to sleep."

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"It's a three-way tie:  
my job, my kids and a  
great cup of coffee!"

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"A good old-fashioned  
kitchen party. There  
is nothing more fun  
or therapeutic."

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"The look on my son's  
face when he discovers  
something new."

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"Riding my bike in  
the summertime with  
my husband!"

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"Four words: 'I love you,  
Mom.' Instant happy."

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"Cuddling with  
my cat."

"Chubby puppies  
make me so happy!  
But who doesn't love  
chubby puppies?!"

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# Best advice ever!

## 40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are **four decades'** worth of wisdom from the August issues of *Canadian Living*.

Plant me in August!  
(See Tip #9.)

**1** Plants in hanging baskets won't stand a chance if left unattended for even short periods. If you can't arrange for someone to water them while you're on vacation, leave them on a bed of wet peat moss in a garage or shed, or under a shrub in the shade. — **1978**

**2** The condition of your fingernails is often considered an indicator of your overall health. Healthy nails are pink and slightly convex. Anemia (low red blood cell count) makes nails pale; poor circulation can cause them to look dusty. — **1983**

**3** Apply a dab of face cream to the rim of a nail polish bottle to prevent the cap from sticking. Even if polish drips onto the edge, the bottle will open easily next time. — **1983**

**4** Coat the outside of campfire cooking pots with soap. Black carbon from the fire will wash off more easily. — **1984**

**5** Install a dimmer in an open-concept kitchen so that bright kitchen lights won't disturb the atmosphere of adjoining living spaces. — **1984**

**6** Pack an old pair of gloves when camping. They are useful for gathering firewood and work well as pot holders when you need to remove cookware from the fire. — **1984**



**7** Don't cook over a roaring campfire. Allow plenty of time for the flames to die down, then cook over the hot coals. — **1984**

**GOT EVERYTHING FOR YOUR CAMPING TRIP? CONSULT OUR CHECKLIST AT [canadianliving.com/camppacking](http://canadianliving.com/camppacking).**

**8** Avoid wearing new shoes or boots on a camping trip. Blisters commonly result from hiking, and the risk is greater with footwear that hasn't been broken in. — **1984**

**9** The first two weeks of August are your last window for planting certain vegetables. "Frost crops" such as leaf lettuce, spinach, radishes and peas fare better after the heat of July. — **1984**

**10** An effective food diary is about more than just meals. Record where and when you ate, who you were with and how you felt at the time. Emotions and circumstances have a lot to do with how we make food choices. — **1987**



**11** Apply perfume sparingly in the summer, as heat can intensify fragrance. — **1987**

**12** Cooked vegetables should still have some crunch. Cook them until just tender enough to offer resistance when pierced with the tip of a sharp knife. — **1988**

**13** If you don't own freezer packs for insulated food carriers, improvise by filling plastic containers three-quarters full with water and freezing them. — **1989**

**14** If you have a sore neck or stiff shoulders, it might be time to clean out your shoulder bag. Whittle the contents down to what you really need and, if it's still heavy, try switching to a different style of bag. — **1989**

**15** Two weeks before a road trip, take your car to the mechanic for a tune-up. — **1990**

**16** Walking is one of the best—and safest—ways to work out. Get more from each step by walking on the beach (sand adds resistance) or up stairs or hills. — **1993**

**17** Bedtime snacks should be small—say, an apple or a banana—for optimal sleep. Going to bed full or hungry can keep you awake for hours. — **1994**



**18** Worried there might be an allergen or toxin in your cleaning or personal-care products? When ingredients lists are incomplete, don't hesitate to contact the manufacturer to find out what else is in the formula. — **1995**

**19** Add ground flaxseeds to baked goods for a fibre boost. Flax may also help reduce cholesterol and blood-sugar levels. — **1998**

**20** Instead of buying vitamins, focus on eating whole foods, which supply a unique synergistic combo of fibre, phytonutrients and healthy fats. — **1998**

**21** Email has its own code of conduct. Don't type messages in all caps; it's equivalent to yelling. — **1998**

**22** To warm tortillas, microwave two at a time, covered in a paper towel, on high for 10 seconds, or wrap in foil and warm in a 275°F (140°C) oven for 15 to 20 minutes. — **1999**

**23** To control flyaway hairs, spritz some hairspray onto a toothbrush, then comb over problem areas. — **2000**

**24** A smooth base helps lipstick last longer, so gently exfoliate your lips during your facial-cleansing routine. — **2000**

**25** Feeling tired? Reach for a glass of water before you turn to coffee. Fatigue, mild headaches and light-headedness are signs of dehydration. — **2002**

*Keep the crunch: Don't overcook vegetables. (See tip #12.)*



*Paint outside when it's sunny but not too humid. (See tip #31.)*

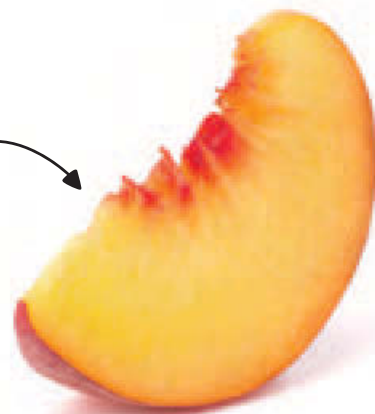
**26** When checking your body for mysterious moles and other signs of skin cancer, don't forget to look at the backs of your legs, between your toes and at the bottoms of your feet. — **2002**

**27** If you have dark circles under your eyes, skip eyeliner on your lower lash line; it will only draw attention to the undereye area. — **2002**

**28** It takes 20 seconds to thoroughly wash your hands with soap and warm water. — **2004**

**29** The next time you purchase paint, ask for an extra wooden paint stirrer. Section off the stick and paint each section with a colour used in your new decor. This way, you'll have a portable "colour swatch" to take with you when shopping for accessories. — **2004**

**30** Take advantage of seasonal fruit. Pears, peaches, strawberries, raspberries, cherries and blueberries are at their peak through July and August. — **2004**



**31** The perfect conditions for painting outdoors are 21°C and sunny, with moderate humidity. If you're painting on a hotter day, anticipate the movement of the sun and work only on the shaded areas of the house. — **2006**

**32** Always store tomatoes at room temperature. Refrigeration can rob them of flavour and result in a mealy texture. — **2007**

**33** Before going on vacation, tidy up, do the laundry, take out the trash and pay the bills so you won't dread coming home. — **2009**

**34** Intensely hued blooms with flat bottoms, such as pansies, violets and verbena, make excellent pressed flowers. Queen Anne's lace, mini chrysanthemums, leaves and ornamental grasses are also good choices. — **2009**

**GET CRAFTY WITH PRESSED FLOWERS.** WE SHOW YOU HOW AT [canadianliving.com/pressedflowers](http://canadianliving.com/pressedflowers).

**35** Water is the best post-workout drink. Unless you're participating in an endurance sport that makes you sweat heavily, you don't need a sports drink; it will just give you extra salt and sugar. — **2010**

**36** Tea towels make great oversize napkins for messy barbecue meals. — **2010**

**37** To deter rabbits, place dog hair, which mimics the scent of a predator, around your vegetable patch. For deer, place bars of soap in nylon stockings and hang them from tree branches. — **2010**

**38** When making iced tea, freeze some in ice cube trays and add them to your glass in place of plain ice cubes. They won't dilute the flavour of the tea as they melt! — **2011**

**39** A tray can instantly bring order to chaos. Place one in the bathroom to hold lotions and potions, one on the coffee table to round up remotes and another on the deck to corral citronella candles. — **2013**

**40** Instead of buying a brand-new table lamp, consider swapping out the shade on your existing fixture. — **2013**



*Water is best for hydration post-workout. (See tip #35.)*

**IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT [CL40th@canadianliving.com](mailto:CL40th@canadianliving.com).**





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<sup>†</sup>Superior sensitivity relief vs. ordinary sensitivity toothpaste containing 5% potassium nitrate (equivalent to 2% potassium ion). <sup>††</sup>With regular use. Toothpaste also fights cavities. Colgate-Palmolive Canada Inc. \*TM Reg'd/M.D.



# STYLE

HAIR INSPIRED BY BARDOT

| THREE WAYS TO WEAR A STRIPED TEE

| MAKEOVER

## *Flights of Fancy*

Our guest editor, Sonia Rodriguez, works in dancewear—and wows in ladylike blouses and sophisticated skirts. Turn the page for more...

BY JULIA McEWEN  
PHOTOGRAPHY BY EVAAN KHERAJ

HAIR AND MAKEUP BY JUKKA/TRESEMMÉ HAIR  
CARE/M.A.C COSMETICS/PLUTINO GROUP

↪ Swap out your black leggings for a playful pair that features a marble print.

SHOT ON LOCATION AT THE THOMPSON TORONTO HOTEL



## Let's Get Physical

(Previous page)

Sportswear's current influence on the fashion industry is undeniable; this relationship is also impacting how athletic garments are designed. Performance-driven clothes have never looked so fashion-forward, while still functioning at optimal levels.

Beyond Yoga tank top, \$95, and Adidas by Stella McCartney leggings, \$120, [sportinglife.ca](http://sportinglife.ca). Pointe shoes, Sonia's own.


## Details, Details

A white shirtdress epitomizes timeless style, especially when it's equipped with all the elegant extras: a '50s cinched waist, sculpted pleated ruffles and two sharply dressed gentlemen flanking it to offset its femininity. Whether softly feminine, like this one, or clean and contemporary, a shirtdress is right in every woman's wardrobe.

On Sonia: Shirtdress, \$425, [pinktartan.com](http://pinktartan.com). Earrings and necklace, [swarovski.com](http://swarovski.com). Valentino shoes, [theseptember.com](http://theseptember.com). On Gabriel (left): Shirt, \$33, and shorts, \$30, [gapcanada.ca](http://gapcanada.ca). Bow tie and shoes, [hm.com/ca](http://hm.com/ca). On Dillon: Shirt and shorts, \$30 each, [gapcanada.ca](http://gapcanada.ca). Bow tie and shoes, [hm.com/ca](http://hm.com/ca).







“I don’t tend to wear big jewellery. I don’t want to feel overshadowed. I want to be the one who shines.”

### ***Sheer Genius***

Transparent fabrics don’t automatically translate into unwantedly sexy. When sheer elements are artfully—and strategically—placed, they can look airy, delicate and romantic.

Blouse, \$149, [anntaylor.com](http://anntaylor.com). Silk skirt, \$99, [clubmonaco.ca](http://clubmonaco.ca). Earrings, [jcrew.com](http://jcrew.com). Rings, Sonia’s own.






“I have a classic style. For everyday, I like flow-y, comfortable clothing that I can move in.”

## ***Pretty Pleats***

Flattering, feminine and effortlessly chic, a demure accordion-pleated skirt is sure to mesmerize as it swishes down the street. Bonus: It easily transitions from day to night.

Blouse, \$195, [tedbaker.com](http://tedbaker.com). Skirt, \$229, [clubmonaco.ca](http://clubmonaco.ca). Necklace, [jcrew.com](http://jcrew.com). Cuff, [bananarepublic.ca](http://bananarepublic.ca). Michael Kors Collection shoes, [theseptember.com](http://theseptember.com).

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## ***Pastel Perfect***

Quiet colours don't always speak softly. Tones of white and shades of pastel lend a lightness and a delicacy to structured silhouettes.

Blouse, \$60, [marshallscanada.ca](http://marshallscanada.ca). Pants, \$255, [tedbaker.com](http://tedbaker.com). Earrings, [loft.com](http://loft.com). Bracelet, [bananarepublic.ca](http://bananarepublic.ca). Bag, [danier.com](http://danier.com).





# French Accent

Today's *coiffé-décoiffé* dishevelled hairstyles take their inspiration from Brigitte Bardot. Charlotte Catherin, director of the Dessange International Training Centre in Paris, shows us how simple it is to create Bardot's signature 'do.

BY JULIA MCEWEN

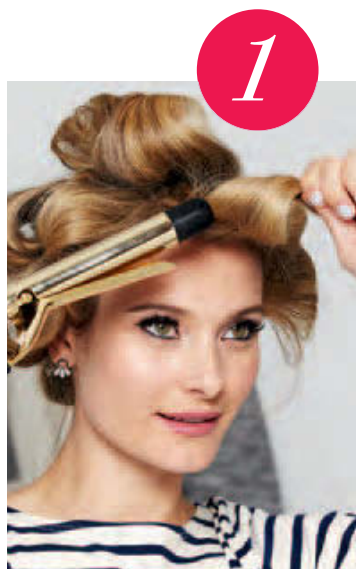


*Bardot (now 80!) was a client at Dessange. The classic half-up, half-down bouffant was her most famous hairstyle.*



## TOOL KIT

Osis+ Session Label Plumping Lotion, \$23, available at Schwarzkopf Professional salons. Dessange Paris Salon Color Restore Protecting Top Coat Serum, \$15, [shoppersdrugmart.ca](http://shoppersdrugmart.ca). Oscar Blandi Pronto Texture & Volume Spray, \$26, [sephora.ca](http://sephora.ca).



**1**  
**Prep hair by spritzing it with a heat-protecting spray or serum.** Then, using a 1½-inch-barrel curling iron, curl one-inch sections until all hair is loosely curled. Catherin warns that this style may not work with shorter cuts. "Hair needs to be at least clavicle length," she says.



**2**  
**Flip your head upside down, then spritz your hair with a texturizing spray.** "This style is all about getting the right texture," says Catherin. "Aim for loose waves with good movement." Flip your head back up, then tousle the curls by raking your fingers through the hair; the desired effect is a slightly dishevelled curl.



**3**  
Define a centre part using the tail of a comb. Then, working in sections and starting halfway down from the top of the head, **spritz the roots with hairspray to give the hair lift.** Traditionally, back-combing was used to create the fullness of this style, but Catherin thinks it's an outdated technique. "Today, we use irons and blow-dryers to create volume."



**4**  
Using a good-quality brush, gently smooth the hair at the crown, then **gather the sides into a half ponytail; secure with bobby pins.** The height and shape of Bardot's hair made the style iconic, but the texture and the way it falls around the face were equally important. For a modern twist, Catherin suggests winding or braiding the sides of the hair before you pin them back.

**"Brigitte Bardot's hairstyle continues to be an inspiration. Classic yet still very modern—an example of an eternal trend."**

— CHARLOTTE CATHERIN





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**ERRAND HOPPING**

Denim jacket, \$150, and bag, [aritzia.com](http://aritzia.com). Jeans, \$19, [joefresh.com](http://joefresh.com). Juicy Couture sunglasses, at independent eyewear specialists. Necklace, [anntaylor.com](http://anntaylor.com). Bracelet, [bananarepublic.ca](http://bananarepublic.ca).

# BETWEEN THE LINES

Actor Harveen Sandhu rocks a summer staple—the striped tee—three very different ways.

BY ANDREA KARR  
PHOTOGRAPHY BY ARASH MOALLEMI



*The substantial fabric and tailored cut of this Pink Tartan tee will outlast flimsier options.*

T-shirt, \$125, [pinktartan.com](http://pinktartan.com).

**HARVEEN SANDHU** is living an actor's fantasy. In each of the three years since she graduated from theatre school, she's had roles in the second largest repertory theatre company in North America: the Shaw Festival in Niagara-on-the-Lake, Ont. This year, Harveen snagged the lead of Eliza Doolittle in a modern-day adaptation of George Bernard Shaw's *Pygmalion*, a role she's dreamed of playing since she first saw the 1964 film *My Fair Lady* (a musical version of the play, starring Audrey Hepburn) as a child. Harveen has a fondness for the character and the transformation she undergoes between Act 1 and the closing curtain. "Eliza starts off as a street girl. She's a rough

creature—a survivor," she says. When a phonetics professor bets that he can make Eliza pass for a duchess, she becomes a society woman. The story is one of rebirth, but it's also one of social engineering and performing class—topics Harveen believes are even more relevant today than when the play was written. "If anything, the disparity between the rich and the poor is even greater now," she says. "*Pygmalion* is a great story for women but also for anyone who's trying to climb out of a certain social or economic class."

*Pygmalion runs until Oct. 24 at the Shaw's Festival Theatre. For tickets, visit [shawfest.com](http://shawfest.com).*



*Adopt the elegance of Audrey Hepburn by pairing your striped shirt with Bermuda shorts and minimal jewellery.*



**IN THE ZONE**  
 Above: Shorts, \$25, [winners.ca](http://winners.ca). Robert Marc glasses, [josephson.ca](http://josephson.ca). Ring, [jenny-bird.com](http://jenny-bird.com). Shoes, [rudsak.com](http://rudsak.com).

**DATE-NIGHT GLAM**  
 Right: Skirt, \$60, [hm.com/ca](http://hm.com/ca). Earrings and bracelet, [jenny-bird.com](http://jenny-bird.com). Bag, [anntaylor.com](http://anntaylor.com). Shoes, [ninewest.ca](http://ninewest.ca).



*Don't be afraid to mix stripes with florals. Bring harmony to clashing patterns by matching your high heels to a hue in the floral print.*

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“I feel fancy and I love it! I want to embrace the glamorous side of fashion—I just never thought I could before.”

Dena Jackson  
Age: 30  
Comedian

# Perfect Timing

Comedian Dena Jackson is ready to take centre stage with a bold new look.

BY JULIA MCEWEN & ANDREA KARR  
PHOTOGRAPHY BY CARLYLE ROUTH

Jacket, \$895, Luisa Cerano. Theory top, \$310, TNT. Raffaello Rossi pants, \$285, Oui. Bag, \$160, Banana Republic. Michael Michael Kors shoes, \$168, Capezio. All clothing and accessories available at bayviewvillage shops.com.

BEFORE



**Backstory** For the past two years, Dena has done her standup routine in a hoodie and jeans in dark colours, whether she was performing on TV's *Night Time With Michael A. Charbon* or at Toronto's SheDot Festival (find out more about Dena and her comedy act at [denajackson.net](http://denajackson.net) or @actiondjack on Twitter). But when she heard about our makeover series, she knew she was ready to cast aside her lacklustre clothes and command attention.



**Makeup** “Low maintenance” sums up Dena’s daily makeup routine—concealer and mascara, and that’s it. But Plutino Group makeup artist Jodi Urichuk suggests Dena spend some time on skin care (see tips, right). “She has porous skin, so prepping her skin is key,” says Urichuk. She started with a moisturizer, used a primer to create a smooth surface, applied foundation and highlighter where needed, then lined Dena’s lids with a matte black eyeliner. “It accentuates her eyes and makes them look much larger,” says Urichuk. Blush and a swipe of vivid berry lip stain—a great shade for blonds—finished off Dena’s stage-worthy look.

*“If you’re not sure of how much mousse to use, start with less. It’s always easier to add more.”*

— MARILISA SEARS

**Hair** When Dena arrived at Marc Anthony Salon, her fine blond hair was overly layered and the too-light hue was tinged green from the hard water in her shower. Senior master stylist Julie Coupland brightened her strands with golden and copper highlights—and Dena promised to buy a new showerhead with a water filter. Next, Marilisa Sears, artistic director for Marc Anthony Hair Care, cut blunt layers in Dena’s hair to add fullness, applied mousse from roots to ends, then blow-dried Dena’s hair with a round natural-bristle brush, holding each section 90 degrees from Dena’s head to create volume. “Don’t be afraid to overexaggerate with fine hair,” says Sears. “If you aim for the perfect height, it will be gone by the time you leave the house.”

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[canadianliving.com/bigeyes](http://canadianliving.com/bigeyes).

## EXPERT PANEL



**Amanda Lindsay**  
SKIN THERAPIST,  
DERMALOGICA'S  
INTERNATIONAL  
DERMAL INSTITUTE



**Jodi Urichuk**  
MAKEUP ARTIST FOR  
PLUTINO GROUP



**Melissa Evans-Lee**  
BAYVIEW VILLAGE  
MARKETING DIRECTOR



**Marilisa Sears**  
MARC ANTHONY HAIR  
CARE ARTISTIC DIRECTOR

*“Lifestyle is often a major trigger for skin concerns.”*

— AMANDA LINDSAY

**Skin** Dena’s biggest skin concerns are dryness, redness and dark circles under the eyes. Her skin-care routine may be partly to blame: just a few facials a year and a daily dose of a too-harsh gel cleanser. Amanda Lindsay, skin therapist at Dermalogica’s International Dermal Institute, suggested a creamier, more nourishing cleanser, then spoke with Dena about the stressful aspects of her career. “Stress can have a huge impact on how sensitive and reactive your skin can be,” says Lindsay. She recommended calming moisturizers, one for day and one for night, plus a foundation or tinted CC cream with SPF 30. “This kind of product helps disguise any redness, while calming and protecting the skin.”

## TOOLBOX

**1.** Yves Saint Laurent Touche Éclat Radiant Touch, \$50, [sephora.ca](http://sephora.ca). **2.** Bite Beauty Cashmere Lip Cream in Sancerre, \$32, [sephora.ca](http://sephora.ca). **3.** Marc Anthony Oil of Morocco Argan Oil Volumizing Mousse, \$11, [walmart.ca](http://walmart.ca). **4.** Dermalogica UltraCalming Ultra Sensitive Tint SPF 30, \$57, [dermalogica.ca](http://dermalogica.ca).

**Wardrobe** Rather than dressing up for gigs, Dena has always leaned toward casual weekend basics, such as hoodies and jeans. “Comedy is a male-dominated space and, at times, it makes me feel like I should dress down so people will listen to my jokes,” she says. But she was ready for some expert guidance to help cultivate her onstage style. This playful-yet-professional ensemble, which was selected by Melissa Evans-Lee, marketing director at Bayview Village shopping centre in Toronto, accentuates Dena’s knockout figure—and the tailored printed pants, in particular, are a hit. “These pants have a lot of personality and it takes someone with a sense of humour to pull them off,” says Evans-Lee. The embellished leather jacket can be paired with virtually anything, ensuring that Dena will stand out.

**VERDICT** “My new look makes me feel comfortable and sophisticated,” says Dena, “and that helps me show my personality before I start talking.”







FIVE MINUTES WITH

# Charlotte Tilbury

LEGENDARY MAKEUP ARTIST

IF YOU'VE EVER wondered how Penélope Cruz gets her bombshell eyes or Kate Moss pulls off an edgy look, you'll want to know their makeup artist, Charlotte Tilbury. The British beauty master launched her makeup and skin-care brand in Canada this summer—all while painting faces for red-carpet events, filming videos for her YouTube channel and caring for her sons, Flynn, 5, and Valentine, 1. Here's a glimpse inside Tilbury's makeup bag of tricks. — *Andrea Karr*

**Why do celebrities always look so good?** Celebrities are no different than us. They all have bad days where they've got pimples and they're exhausted. The makeup artist applies creams and makeup, and the celebrity is transformed into the most beautiful version of herself: She's dewy, her eyes sparkle, her lips look luscious and her cheekbones glow. I want everyone to be able to have that.

**What makes your Magic Cream so special?** A lot of the time, people think their skin is aging, but it's all dehydration lines. We need hyaluronic acid—which encourages water retention—and oil put back in. I started mix-

ing Magic Cream in my kitchen, and it gives instant results. Makeup artists were always trying to get some from me. When I used it in my YouTube videos, people could see the difference. It sold out in seven minutes when we launched in America.

**You're famous for creating the perfect cat eye. What's your secret?** Stare straight into the mirror. When you get three-quarters of the way from the inner corner to the outer eye, stop and draw a dot angled up onto your eye socket, where you want your flick to end. Do the same on the other eye. Wing your eyeliner up toward the dots. The look will elongate your eyes and give them a lift.



Charlotte's Magic Cream, \$125, [luxurypalette.com](#); The Dolce Vita, \$64, [thefelineflick.com](#); and The Feline Flick in Panther, \$35, [charlottetilbury.com](#).

*Tilbury's line includes boxed makeup sets with everything you need to create one of 10 iconic celebrity looks, such as The Dolce Vita (above).*



Hat, \$62, [bananarepublic.ca](#).

Hat, \$40, [hm.com/ca](#).

MARKET REPORT

## THREE CHIC CHAPEAUX

Suffering a bad hair day, sun spots or fine lines caused by squinting? Try this one-step cure-all beauty-protection invention! From the fedora to the wide-brimmed hat, a slice of portable shade will end (or disguise) a multitude of beauty foibles. Choose straw for a light summery look or felt to allow your favourite headpiece to transition straight into fall. The wider the brim, the better the sun protection, so subtlety be damned. — *AK*



Vince Camuto hat, \$54, [thebay.com](#).

#TRENDING

## FINGER TIPS

From intricate flower designs to sharp negative-space manicures, Madeline Poole nails it. We chatted with the Sally Hansen global colour ambassador to get her take on the season's hottest nail trends.



**NAIL ART** Shaky hands? Skip the geometric shapes and opt for something rounder—like the empty-half-moon mani. Just use an eyebrow or lip brush dipped in nail polish remover to create a defined half circle.

**"IT" COLOUR** If you want this season's most coveted colour, says Poole, get your hands on rich shades of green, from emerald to deep hunter. Sally Hansen Complete Salon Manicure in On Pines and Needles and Greenlight, \$9.50 each, [shoppersdrugmart.ca](#).

**IN SHAPE** If you love long nails, consider "the Coffin," suggests Poole. A favourite of Rihanna's, this tapered nail gradually becomes thinner and is then squared off at the tip. If you don't do long, keep your nails modern with a squarish shape that has rounded edges—but not overly rounded, she says. — *Thalia Gamage*

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\*The Medical Post & Profession Santé 2015 Survey on OTC Counselling & Recommendations



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# HEALTH

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*Your morning yoga class  
may help you beat the  
blahs by increasing mood-  
regulating chemicals  
in the brain.*

## *Not Just in Your Head*

New depression treatments target the body to help the mind.

BY JILL BUCHNER

Leslie had all but given up. At 34, the mother of three (who asked us not to use her real name) had spent three years in psychotherapy and found no relief from antidepressants—so she stopped taking them. Her severe depression had spiralled into an eating disorder that was slowly shutting down her organs. “I was so deep into my darkest thoughts and disconnected from my children,” she recalls. “I felt I had no reason to live and that, if I continued to live, they would suffer from it.” She decided that, after her kids were asleep, she would take a huge dose of Percocet and Tylenol 3 to end her life. ♦



That night, as she was sitting in her room, pills at the ready, her eldest child woke up. “He came to my room and said, ‘You didn’t say good night to me. Tuck me in and tell me you love me.’” After that, her other two children awoke and said the same thing. Leslie didn’t take the pills, and in the morning, she told her husband what she had planned. “He knew I was having issues, but he didn’t know the severity of it,” she says. “He begged me to seek help.”

She discovered Helix Healthcare Group, a Toronto practice that takes a holistic mind-body approach to mental health care. There, she received psychotherapy alongside massage, acupuncture and yoga. Though the unconventional treatment was not covered by insurance plans (the costs run from \$135 to \$185 per individual session and \$25 to \$50 for group classes), it worked. “It was treating the body and treating the soul,” says Leslie, now 35, who continues weekly therapy and looks forward to every day with her kids. “It has embodied everything and given me the strength to want to live.”

Leslie’s treatment is nowhere near typical, but if current mental health research is any clue, a whole-body approach to treating depression may be the way of the future. About eight percent of Canadian adults will experience major depression—a mood disorder linked to negative life events, genetics, complex biochemical imbalances and other medical problems. Traditional treatment is typically a combination of therapy and antidepressants; however, ongoing research is exploring whether probiotics, exercise, anti-inflammatories (like Aspirin) and mindfulness meditation should also play a role.

“We’ve started to think outside the brain when trying to understand mental illness,” explains Dr. Valerie Taylor, chief of general

and health system psychiatry at the Centre for Addiction and Mental Health (CAMH) and chief of psychiatry at Women’s College Hospital in Toronto. Here are some of the questions researchers are exploring to learn more about the mind-body connection.

#### Is it a gut feeling?

Think of your gut as your second brain. Your gastrointestinal tract has its own system of neurons and is alive with hundreds of species of bacteria, which researchers think may interact with neurons in the brain, impacting the production of chemicals linked to depression, such as serotonin. “There are more serotonin receptors in your gut than there are in your brain,” notes Dr. Taylor. You know those carbs you crave when you’re stressed? They help boost that feel-good serotonin.

Research is beginning to suggest that the state of your stomach can modify your mood. A 2011 study looked at the effects of probiotics on lab mice and found that boosting good bacteria may diminish stress hormones and symptoms of depression.

As for humans struggling with depression, Dr. Taylor and other CAMH researchers are studying how probiotics might help patients who haven’t responded to drug treatments. “It may be a change in the gut microflora that seems to lead to clinical improvement,” says Dr. Taylor. She estimates that doctors might have enough information to begin recommending probiotics in as little as two years.



#### Can we walk it off?

Exercise has long been known as a natural antidepressant, and it can be as effective as drugs at treating depression. But why? It may be that exercise-induced endorphins—like those responsible for the so-called runner’s high—relieve depression, but the research is inconclusive, says Guy Faulkner, professor in health psychology at the University of Toronto and research scientist at CAMH.

Another theory suggests that well-trained muscles developed during exercise nix harmful chemicals that impact the brain. But there’s probably even more to it. For some people, says Faulkner, developing a new skill or engaging in social interaction while exercising may be what leads to mental health benefits.

## EARLY ADOPTERS

Specialized depression-relief therapies are offered across Canada, outside a clinical setting.

#### Yoga for everyone

Blu Matter Project aims to connect Torontonians suffering from depression or bipolar disorder with a free yoga practice. [blumatterproject.com](http://blumatterproject.com)

#### Positive growth

A therapeutic garden at B.C. Children’s Hospital, run by the Environmental Youth Alliance in partnership with the Provincial Health Services Authority, is a place for youth with mood or eating disorders to take care of their own little piece of earth. In the process, patients release emotions and develop self-esteem while getting the benefits of being in nature. [eya.ca/project-view/childrens-hospital](http://eya.ca/project-view/childrens-hospital)

#### A new tune

At Calgary’s JB Music Therapy, therapists design music-based treatment plans to boost mood, relieve anxiety and decrease stress. [jbmusictherapy.com](http://jbmusictherapy.com)



*Keeping well  
rested guards  
against depression  
and supports  
mental health.*

## A PRESCRIPTION FOR PREVENTION

Even if you don't suffer from depression, there are things you can do to keep your brain healthy and your mood elevated.

**Exercise.** Whether you're walking or working up a sweat, exercise can ward off depression. Guy Faulkner, research scientist at the Centre for Addiction and Mental Health (CAMH), found that, even if you don't quite log the recommended 150 minutes of weekly physical activity, getting moving will protect your mental health.

**Get enough rest.** Lack of sleep can help trigger depression, says Dr. Valerie

Taylor, chief of general and health system psychiatry at CAMH and chief of psychiatry at Women's College Hospital. If you're not sleeping, talk to your doctor.

**Eat well.** Deficiencies in iron or B vitamins, which are found in meat and eggs, can induce depression-like symptoms such as fatigue. Also consider adding foods like yogurt or kimchi to your diet for a safe boost of probiotics—even before the research comes in.

**Be mindful.** Try yoga or meditation to help you destress and become aware of your feelings.

**Find a hobby.** Connect with something that gives you satisfaction, be it knitting, playing guitar or cooking, suggests Dr. Paul Kelly, psychologist and clinical director of The Mindfulness Clinic in Toronto. The resulting pleasure and sense of accomplishment is a good defence against current or future depression.

In any case, there's no harm in trying it. Unlike pharmaceutical treatments, exercise comes with good-for-you side-effects: stronger muscles, leaner body mass and improved heart health, to name a few. But there's one hitch: Getting outside and exercising when you're filled with dark thoughts and anxiety is far more challenging than simply taking a pill.

### Can anti-inflammatories help?

That redness, pain and swelling you get when you injure yourself is called inflammation. It's a normal immune response to stress and trauma, but it can be dangerous when it becomes chronic. Recent studies have found a link between depression and markers of inflammation in the blood, but it wasn't until earlier this year that Dr. Jeffrey Meyer, the head of the neurochemical imaging program in mood and anxiety disorders at CAMH, used a brain-imaging technique to prove that many depressed people have inflamed brains.

The cause and cure for this inflammation remain mysterious, but Dr. Meyer is studying the impact of anti-inflammatories on the brain, and there may come a time when doctors prescribe these drugs (similar to over-the-counter painkillers acetaminophen and ibuprofen) instead of or

alongside antidepressants. Dr. Meyer predicts that they could help one-third to half of depression sufferers. "It's not one brain change that happens in everyone with clinical depression," he explains, "but a substantial portion of people with clinical depression have a significant level of brain inflammation."

### Can Zen change our brains?

For millennia, people have enjoyed the calming effects of yoga and meditation. Now, science is beginning to understand why. It seems that meditation can genetically alter your body's response to stress and change emotional processing in your brain. Meanwhile, yoga might boost levels of a neurotransmitter that tends to be low in depression sufferers.

Toronto psychologist Dr. Paul Kelly is glad science is catching up. He's the clinical director of The Mindfulness Clinic, where patients are offered mindfulness therapy. "In the early years, there was a lot of nervous laughter when I talked about it in psychology rounds," he says, "but as more and more research accumulates, people have come to understand that this is solid stuff."

Dr. Daphne Voineskos, psychiatrist and research fellow at CAMH's Temerty Centre

for Therapeutic Brain Intervention, agrees, adding that yoga offers patients both physical and emotional benefits. "You connect a little more with your feelings and emotions, as well as the thoughts that may trigger a lower mood or higher anxiety," she explains.

### Is mental health care due for a makeover?

While traditional antidepressants and psychotherapy will still be important to treating depression, these new areas of research may fill gaps in mental health care, especially for the up to 30 percent of depressed patients who don't fully recover with current therapies. Of course, there will never be a one-size-fits-all treatment for depression, says Dr. Taylor. "What we're trying to do is increase options."

It helps that some of these options, such as physical activity and meditation, are readily available. Many patients in Canada wait for weeks to be treated, and Faulkner hopes these options offer early intervention as people wait. "As a research community, we're starting to embrace all of this," says Dr. Taylor. "And I'm really excited that it may provide answers to questions that we haven't been able to answer so far." ●



# Mealtime Math

We all want to eat well, but choosing the right foods is only part of the equation. Max your nutritional input by combining healthful eats in these smart ways.

BY KATE DALEY



MAX YOUR

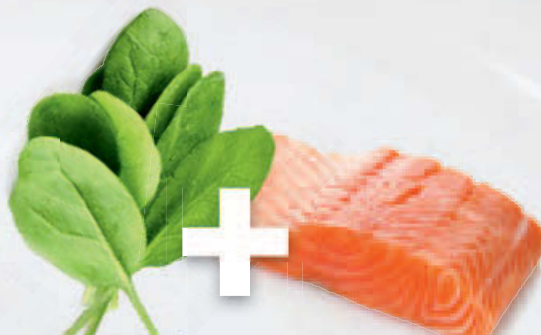
## Iron Absorption

**VITAMIN C** promotes the absorption of iron, an essential mineral that carries oxygen throughout the body, from nonheme (or plant) sources. Heme iron—found in meat, poultry and fish—also helps your body absorb nonheme iron when plant and animal sources are consumed together.



QUICK FIX

*Have a bowl of iron-fortified cereal with an orange.*



MAX YOUR

## Calcium Absorption

**VITAMIN D** increases how much calcium and phosphorus your body can absorb from foods such as spinach, says registered dietitian Shannon Crocker. It also helps deposit calcium into your bones and teeth to make them stronger.



QUICK FIX

*Drink milk: It's vitamin D-fortified and calcium-rich.*



MAX YOUR

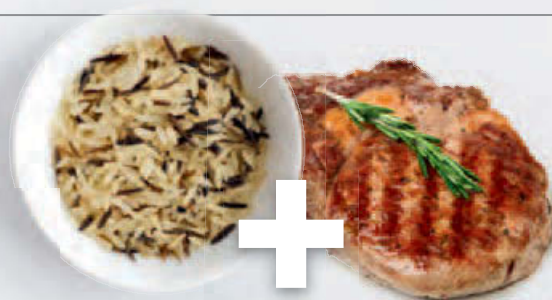
## Vitamin Absorption

**THE FAT CONTENT** in foods such as olive oil can help your body absorb fat-soluble vitamins A, D, E and K, found in kale and broccoli, among other veggies.



QUICK FIX

*Eat a handful of almonds: They contain both vitamin E and healthy fats.*



MAX YOUR

## Zinc Absorption

**WHEN COMBINED WITH PLANT** or grain sources of zinc like wild rice, high-quality proteins such as beef, turkey and fish can help your body absorb this trace element, essential for healing and immune function, says Crocker.



QUICK FIX

*Add wheat germ to a milk-based smoothie for improved zinc absorption.*

**IN THE KNOW...** Registered dietitian **Shannon Crocker** shares four easy ways to help you get more vitamins and minerals (without upping your produce intake).

**DON'T OVERCOOK YOUR VEGETABLES** Vitamin C is easily lost in cooking water, so steam veggies only until tender-crisp.

**LEARN HOW TO SOAK AND SPROUT** This process, whereby legumes and grains are soaked and then sprouted in salted water, can increase the availability of some nutrients and reduce the impact of compounds that interfere with nutrient absorption.

**BUY YOUR FRESH PRODUCE DAILY** The longer fruit and vegetables sit in your fridge or freezer, the more nutritional value they lose.

**IT'S OK TO SOMETIMES BUY FROZEN** Flash-frozen produce maintains its vitamin content for a while. Pick up frozen wild Canadian blueberries for their antioxidants in the off-season, and stock frozen spinach for smoothies.

**NUTRIENT DON'TS** Eating certain foods together may actually impede nutrient absorption.

**TANNINS + IRON** Found in black and herbal teas and coffee, tannins can lessen iron absorption. If you're iron-deficient, avoid drinking coffee or tea for a few hours before and after eating iron-rich foods or taking an iron supplement.

**OXALIC ACID + CALCIUM** Found in raw spinach, rhubarb, almonds, peanuts and wheat bran, oxalic acid binds with calcium and can prevent it from being absorbed. Boiling, steaming or fermenting these foods reduces oxalic acid and improves calcium absorption.

This content is vetted by medical experts at  
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FOR MORE TIPS ON NUTRIENT ABSORPTION, VISIT [canadianliving.com/boostyournutrients](http://canadianliving.com/boostyournutrients).





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\*vs. Poise. \*\*based on average U.S. consumer usage. †while supplies last.





# GOT TO RUN

Ready to lace up and hit the road? Our experts blast through common running misconceptions that might be slowing you down.

BY JACQUELINE KOVACS



**MYTH** Running on a treadmill is less beneficial than running outdoors

**TRUTH** If you feel a little guilty about your treadmill time, don't. The difference is marginal.

While a workout on a completely level treadmill burns fewer calories than an outdoor run, that's easily fixed: Just tap the settings and add a one percent grade to your workout, says Jonathan P. Little, assistant professor and specialist in exercise physiology at the University of British Columbia (UBC) at Okanagan. "The oxygen cost or the calorie burning would be approximately equal," he says.

One benefit of the treadmill? It might be less jarring on the joints than running outdoors, depending on the surface of the outdoor run, he adds. "So you can have less risk of injury by running on a treadmill." ▶



## MIXED MOVES

Do you comfortably run three kilometres a few times a week?  
Good for you!

You're getting an improved cardiovascular system, stronger bones and the anti-aging bonus associated with your body's release of human growth hormone. If you want to reap even more health benefits, think about switching it up with a few new challenges and a varied routine. To turbocharge your usual run over a one-week period, Toronto journalist and author Margaret Webb suggests the following:

### DAY 1

**Do a speed workout.** Start with a warm-up run, then alternate sprinting (perhaps between lampposts) and easy running. Gradually increase sprinting time until you reach 10-minute stretches.

### DAY 2

**Run a really hilly route**—either go outside or program your treadmill—for three kilometres.

### DAY 3

**Make this a longer run, at an easy pace.** The key is not to increase your overall mileage by more than 15 percent per week—but listen to how your body feels.

When this all gets comfortable, consider adding a fourth, easy run day, going your usual 3K.

## MYTH Some people just aren't built to run

**TRUTH** UBC's Little says any body type can run. That said, he urges sedentary people who are taking up running to begin slowly. "Start walking and then include a bit of running," he says. He suggests the "10-and-one program," in which you walk for 10 minutes, then run for one, and repeat until you reach 30 minutes, if you can manage that.

He does advise people who have chronic knee problems or osteoarthritis in the knee (resulting in pain while running) to consider biking, swimming or using an elliptical trainer instead. "The increased load in your joints during an impact activity such as running might cause pain," he says.

## MYTH It's better to run on asphalt than on grass or dirt

**TRUTH** Actually, street runs may be harder on your joints. "Soft surfaces, like grass or gravel or wood chips, are going to have less impact on the joints than running on asphalt," says Little.

So why do we so often see runners taking to the roads? Asphalt offers more sure footing and less risk of twisting an ankle, notes Little, and it's still better than running on sidewalk concrete. "The sidewalk is the hardest and probably the worst in that respect."



## MYTH Running is bad for your knees

**TRUTH** People with chronic knee problems should choose walking, but at least one study confirms that runners were less likely than sedentary nonrunners to have knee problems, so healthy runners are not putting their knees at risk, says Margaret Webb, a Toronto journalist and author of *Older, Stronger, Faster: What Women Runners Can Teach Us All About Living Younger, Longer* (Rodale Books, 2014). The Stanford University study followed a group of runners and sedentary people over about 20 years. "The runners had significantly lower incidences of osteoarthritis than the sedentary nonrunners," says Webb. The reason? "Running triggers your body's release of human growth hormone, which stokes your body's ability to repair and regenerate bone, muscle, ligament and tendon," she says.

Why do some people develop runner's knee? Blame weak hip muscles, says Reed Ferber, a top biomechanics researcher and director of the Running Injury Clinic at the University of Calgary. Your gluteus medius is the muscle on the side of your hip, and it's the main balancing muscle, he says. When you run, you're effectively balancing on one leg at a time; if the gluteus medius is weak, there's too much up and down motion in the pelvis. So the knee collapses inward and rotates too much, causing pain.

It's important to note that if you have musculoskeletal problems or joint issues in your knees, always talk to your doctor or physiotherapist before starting a running program.





*You can start running at any age! Consider joining a learn-to-run clinic or working with a coach to develop proper technique.*

### **MYTH** You should always be increasing your distance

**TRUTH** So you've been running two kilometres for a while now...and aren't inclined to go any farther. Don't worry too much about it. "You're still going to be getting some benefits," says Little. To challenge yourself, he recommends incorporating short bursts of speed into your regular run. (See Mixed Moves, left.) Borrowed from high-intensity interval training, this means speeding up for a short burst, then backing off and taking a little walk or jog to recover.

"This style of exercise is beneficial for people who are overweight or obese, middle-aged or have Type 2 diabetes," says Little. That's because interval training boosts cardiorespiratory fitness, improves blood vessel function and lowers both abdominal and overall body fat.

### **MYTH** You need to give up on running as you get older

**TRUTH** "It's possible to start running at any age," says Webb, and many people take it up in their 40s or 50s. "Running strengthens every part of your body," she says. If you're just starting out, though, don't tackle 5K right away. "If you ease into it, it will make you even stronger and fitter." (If you have a heart condition, diabetes or high blood pressure, always consult a doctor before taking up running.) Webb recommends that beginners join a learn-to-run clinic or work with a coach to develop a proper running program.

More importantly, there are huge benefits of continuing to run as you age. For one, you'll improve your VO<sub>2</sub> level, which reflects your ability to take in oxygen, get it to your working muscles and exchange it out, says Webb. You'll also improve your cardiovascular system. Other benefits include increased bone density and more restful sleep. "Running will stimulate the renewal of every tissue in the body, as running provokes the release of growth hormone," she adds. "It's as if your body is saying, 'I need to be fit, I need to be young, I need to respond.' Running is a great way to stall aging and even turn back the clock." ●

## **RUN FOR IT**

Serious about running? Then you'd better be serious about the shoes you choose—but watch out for myths here, too.

"There's a very common misconception that if you are injured or in pain, then you need a more stabilizing shoe," says Reed Ferber, head of the Running Injury Clinic at the University of Calgary. "So people go looking for a stabilizing shoe or a motion-control shoe. That is absolutely making the problem even worse."

Research shows that if you don't need these shoes, running in them can lead to injuries such as IT band syndrome and peroneal tendinitis (pain on the outside of the ankle). "It's ironic, considering that these types of shoes are often recommended to help prevent or treat an injury," says Ferber.

Up to five percent of people need a motion-control shoe, Ferber explains; another 15 percent have reduced foot pronation and need a stability shoe. The rest of us have typical foot mechanics (meaning we don't need a special shoe), he says, so "the foot needs to be in a regular cushioning shoe."

### **Whether your budget is \$40 or \$400, here's what Ferber suggests you look for in a well-fitting, cushioning running shoe:**

- a snug fit in the heel
- a comfortable arch that is supportive and accommodating, not stiff
- enough room in the toe box to wiggle your toes
- the right fit for the curvature of your foot

"Most people have a semicurved foot," says Ferber. "Their forefoot is about five degrees flared in compared to their heel," so they need a shoe that mirrors that curvature. This is not necessarily something you can see, he says, but it's a matter of comfort. "The shoe salesperson should be able to read on the label that it's a semicurved shoe."



#### **SECURE COMFORT**

PureCadenace 4 running shoes, \$150, [brooksrrunning.com](http://brooksrrunning.com).



#### **CUSHIONED FIT**

Asics Gel-Nimbus 17 running shoes, \$190, [sportinglife.ca](http://sportinglife.ca).



#### **LIGHTWEIGHT FEEL**

Vazee Pace running shoes, \$140, [newbalance.ca](http://newbalance.ca).



#### **SMOOTH RIDE**

Nike Air Zoom Elite 8 running shoes, \$150, [nike.com](http://nike.com).



#### **AIR-FILLED CAGE**

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Somewhere in the midst of making sure our kids eat their veggies and engage in a fun physical activity four times a week, it's easy to forget about our own needs. Use these easy fixes to ditch the unhealthy habits (like polishing off the last of the chicken fingers) and keep extra pounds at bay.

BY SARAH BOESVELD  
ILLUSTRATIONS BY CATHERINE LEPAGE

**YOU CHERISH** your children, adore your husband and enjoy your extended family. Your home is as rich in love as it is in calories mindlessly eaten and carried around your middle.

Wait a minute, what?

Presiding over your family—as wonderful as they are—may, in fact, be making you fat. The quick-fix meals inhaled between shuttling the kids to soccer and dance classes, the snacks that light up your tired brain at day's end and all those birthdays with cake and ice cream can add up to a surprising amount of weight gain over time.

We asked nutritional pros and researchers to flag some common pitfalls and share simple solutions that will help you stay on track. ♦



# Kids Eat Healthfully; You, Not So Much

Candace Derickx, an Ottawa mom of two, stocks nutritious snacks for her kids, makes healthful school lunches and plans meals in advance. But she doesn't apply the same level of scrutiny to her own diet. "I'm grazing on junk food, to be honest," she says. It doesn't help that her husband is a chocoholic and she's prone to scarfing down his treats.

**FAT TRAP** **Mindless munching.** "An extra 100 calories a day is 10 pounds a year. So that one piece of cheese or bite of toast the kids didn't finish adds up fast," says Krista Leck Merner, a Halifax dietitian and Dietitians of Canada spokesperson. Our brain tends to remember full meals, not the snacks and drinks we graze on and sip throughout the day.

**FAT FIX** **Be the boss.** As the nutritional gatekeeper, mom or dad has control over what comes into the house, says Brian Wansink, director of Cornell University's Food and Brand Lab in Ithaca, N.Y., and author of *Slim by Design: Mindless Eating Solutions for Everyday Life* (HarperCollins Publishers, 2014). "The person who purchases and prepares most of the food in the family controls about 73 percent of what the family eats, either for better or worse," he says.

Still, Leck Merner knows better than to tell parents to reach for carrots and hummus after a tough day. It's OK to reward yourself with a treat, but mind your portions. Instead of digging into the family-size bag of chips while sitting in front of the TV, put a few into a bowl, then put the bag out of reach on the top shelf. A prepackaged 100-calorie snack gets the green light, too.



## MIND THE PEANUT GALLERY

Virginia Middleton of Paradise, N.L., says trying to lose baby weight after the birth of her daughter was no easy task because she was out of her usual routine. Relatives would question her choice to have dessert because she was on Weight Watchers. "I usually told them that I was allowed to enjoy great food in moderation," she says.

**FAT TRAP** **Well-intentioned "support."** Family commentary on diets or body size can stall weight loss or lead to weight gain. A 2014 University of Waterloo and University of Victoria study, together with other research in the field, found that losing weight is easier if family members share what researchers call acceptance messages, such as saying they love you the way you are.

Researchers thought this type of support lessened the worry that the women were feeling. "That was what explained, statistically, their tendency to stay the same weight or even lose a bit of weight," says Christine Logel, University of Waterloo social psychologist and the study's lead author.

**FAT FIX** **Ask for positive messages.** "We know from 40 or 50 years of research that social support is really good for people's health," says Logel. Receiving unconditional acceptance can lower stress, and lowering stress can reduce eating and weight gain. Give family members on their own weight-loss journeys as much positive support and acceptance as possible and ask the same in return, she advises.





## Grow in Your Relationship

“A little too happily married” is how Virginia Middleton describes herself a few years after tying the knot with husband Matthew in 2007. Busy work schedules meant more dinners out or ordered in. Pretty soon, says Virginia, she didn’t feel good in her clothes.

**FAT TRAP** **Getting too comfortable.** People have a tendency to become less concerned about their weight once their wagons are hitched, partly because they’re no longer on the market, a 2013 study of 169 newlyweds has found.

“Couples who are happy, and know their partner is happy with them, let their diet and exercise regimen go a little bit,” says Andrea Meltzer, the study’s lead author and assistant professor of psychology at Southern Methodist University in Dallas. On average, she says, husbands and wives each gained one BMI unit—a measurement using height and weight to determine a person’s body-fat ratio—during the first four years of marriage. (Happier spouses gained more weight than less happy spouses.) Even if that equated to just one pound a year, a long happy marriage would show on the scale.

**FAT FIX** **Focus on the future.** You want to be around for your spouse and your family for as long as possible, so start seeing the added pounds in a different light. “There are so many risks associated with weight,” says Meltzer. “Think about it in terms of your health, not your looks.”

## EAT MORE—IT’S ONLY POLITE

Aunt Martha, bless her heart, is pushing her famous creamy potato salad at the family picnic. And you know she’s keeping track of who’s going back for seconds.

**FAT TRAP** **Eating to please.** Even if you’re not hungry.

**FAT FIX** **Homemade food gets a pass.** “Follow the rule that you can eat anything you want, in moderation, as long as it’s homemade,” says Wansink. “Your aunt is not going to complain that you didn’t eat the store-bought Chex Mix she brought.”

If the meal is served buffet-style, fill half of your plate with salad or vegetables first, then add small portions of your mom’s meatballs or your cousin’s scalloped potatoes, suggests Vashti Verbowski, a Vancouver registered dietitian and spokesperson for Dietitians of Canada. Wait 10 to 20 minutes before going back for seconds to assess whether you really want or need more food. Try to keep predinner snacking and drinking to a minimum, too.

Leck Merner also recommends planning your week ahead so you can make smart choices that will allow room in your calorie budget for that delicious homemade potato salad. ●

# 368

*The number of additional calories moms consume each day (an average of 2,360) compared to childless women (an average of 1,992), according to a 2011 University of Minnesota study.*



WATCH HOW SONIA DOES THE PLANK AT [canadianliving.com/oneleggedplank](http://canadianliving.com/oneleggedplank).



**40<sup>th</sup> ANNIVERSARY** GUEST EDITOR

# ON HER TOES

Ballerina Sonia Rodriguez depends on her body for support, whether she's rehearsing in the studio, performing onstage or playing with her kids. She shares her best advice for staying strong and healthy.

BY JILL BUCHNER

## MAINTAIN YOUR MUSCLES

As a dancer, Sonia needs strong muscles to perform challenging jumps, control her body during choreographed balances and support herself through all those pirouettes. And every woman needs strong muscles to protect our joints, fire up our metabolism and carry out daily tasks—but we naturally lose muscle as we age, so strength-training exercises (which use free weights, machines or a person's own body weight to develop muscle strength) are essential for maintenance. When Sonia is short on time, she pares her usual morning workout down to a plank, which works the core (key for good posture and balance) as well as the upper body and legs.

## KEEP YOUR FITNESS GOALS SMALL AND ACHIEVABLE

Ballerinas spend hours a day working on their form and striving for perfection, but Sonia knows that perfection is achieved one detail at a time. "You can't improve everything at once; it's impossible," she says. "Look at small goals. That's how you make improvements." For Sonia, that might mean spending one rehearsal day

focusing just on maintaining a strong supporting leg. For the rest of us, it might mean concentrating on proper breathing during yoga or engaging our core during strength training.

## STRATEGIZE YOUR SNACKING

Sonia fuels her workouts with balanced snacks. "I get very cranky and can't focus if I don't have snacks throughout the day," she says. The best way to avoid feeling "hangry" is to eat fibre- and protein-rich foods such as nuts, edamame or veggies and hummus, which are more satiating than simple carbs, and to prepare snacks to have on hand so you can eat before hunger interferes with your energy levels.

## STRETCH IT OUT

The poses ballerinas are known for are achievable by only the most flexible athletes. Still, having a degree of flexibility is important for all of us; it will improve posture and reduce the risk of injury. The best time to do your stretches? After a workout. "Your muscles are warmed up, so you get more benefit out of the stretch and there's less chance of hurting yourself," says Sonia.

**TRY SONIA'S ONE-LEGGED PLANK** Starting on your knees, lower yourself onto your forearms and extend both legs behind you, planting your toes on the ground for support. With your shoulders over your elbows, your torso flat and your legs straight, lift one foot; hold the pose for as long as you can. Repeat with the opposite leg. Lifting one leg increases the difficulty by forcing your muscles to support more of your body weight.

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# LIVING

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A LIFE WORTH LIVING

MEDITATION

## I NEED A *moment*

Too busy. Too stressed. Too. Much. Everything.  
Sound familiar? Meditation may help you find the  
peace and quiet your mind and body crave.

BY ROBIN STEVENSON  
ILLUSTRATION BY JESSICA FORTNER

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**W**ANT TO BOOST MEMORY, destress and improve your sense of self, all in a few pain-free minutes a day? Try a daily dose of meditation. Researchers from Johns Hopkins University in Baltimore reviewed 47 clinical trials and found that meditation can help ease psychological stress, including anxiety, depression and pain. It may also change your brain: A 2011 Harvard University study showed that mindfulness-meditation participants experienced a thickening of the grey matter in the brain that helped with recall, self-awareness, compassion and introspection. If that sounds good to you, here's how you can start today—no sitting in lotus position required.

## Why meditate?

It's easy to feel overwhelmed by stimuli and stress. In a recent Sun Life survey, 77 percent of respondents reported feeling excessively stressed by everything from big-ticket items (money, health issues, family drama) to minor annoyances ("I'm stuck in traffic again!"). Meditation is a way to learn to be at ease with our thoughts, be they positive or negative, says Andy Puddicombe, former Buddhist monk and California-based cofounder of Headspace, an online mindfulness resource with a mobile app. "It's easy, it works and it has no side-effects," he says, "so an awful lot of people do try it and stick with it."

## Find the right fit

There are many schools of meditation, each with its own approach—some developed from ancient techniques, and others aided by modern technology. Which is best for you? David Shaw, Transcendental Meditation (TM) teacher and communications director of the Transcendental Meditation organization in Canada, puts it this way: "The meditation you should do is the one you can do on a daily basis." Three of the best known are:

### 1 Concentrative

This approach is about focus, whether on a visualized object, your breath or an actual item (like a candle). Practitioners discipline their minds by returning to that singular

## MEDITATIVE MOMENT

Curious? Try meditation for yourself in these seven steps, courtesy of headspace.com.

### 1. GET SETTLED

Find a quiet place where you can relax.

### 2. BREATHE DEEPLY

Take five deep breaths, in through your nose and out through your mouth. On the last exhalation, close your eyes.

### 3. CHECK IN

Settle into your body, taking note of your posture, how your body feels and any emotion you might be experiencing.

### 4. SCAN YOURSELF

Turn your mind inward and take note of your body from head to toe, acknowledging any tension or discomfort, then scan again, noticing parts of your body that start to relax. Then, turn your focus to your thoughts and notice what comes up without trying to alter them.

### 5. JUST BREATHE

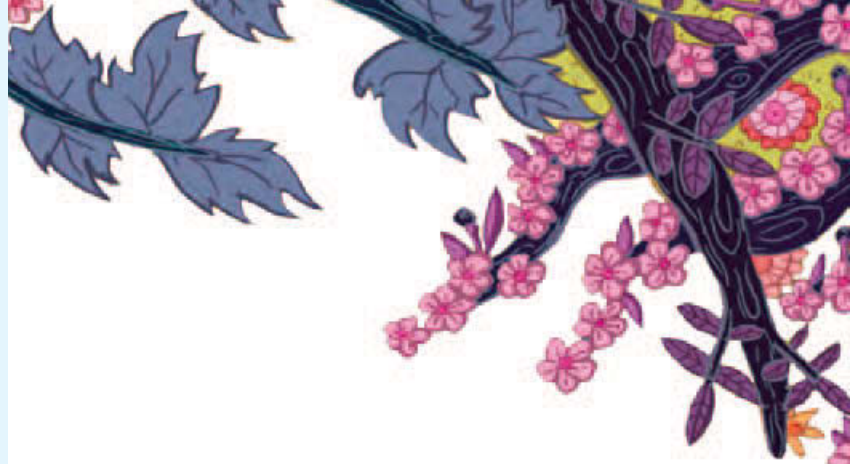
Start to count your breaths. One, in, two, out and so on, up to 10. If you notice your mind wandering, gently bring your mind back to counting.

### 6. CHECK OUT

After a few minutes, give yourself a minute or so for your mind to be completely free.

### 7. ALL DONE

Open your eyes and appreciate the feeling a little mindfulness can produce.



point each time their thoughts wander. This technique is said to improve mental fortitude, focus and willpower, but it can be challenging: Focus too hard and it's easy to get tense; focus too loosely and your attention may fade. Beginners may start with a few minutes before working up to sessions of half an hour or more.

### 2 Mindfulness/contemplation

Puddicombe describes the Headspace technique of mindfulness as "the intention to be present in the here and now, fully engaged in whatever is happening, free from distraction or judgment." Focusing on each breath, practitioners are encouraged to be aware of their thoughts and feelings but not to engage with them. This technique, which can help combat stress, is about being in the moment, not rehashing events from the past or fretting about the future. How long you meditate is up to you, although Puddicombe advises meditating every day, if possible. You can meditate whenever you have time: on your lunch break or while taking a walk.

### 3 Transcendental Meditation

Brought to the western world 57 years ago by Maharishi Mahesh Yogi—and made famous when The Beatles took off for India to study it with him in 1968—TM uses a personally assigned mantra (for the record, it's never "om") repeated silently. Teacher David Shaw describes the process as resulting in "residing in a state of being." Unlike other practices, he explains, there's no concentration, and no contemplation or monitoring of thoughts, just profound relaxation that is said to help create an all-day inner calm. Taught by a certified teacher trained by the global TM organization, TM is recommended for adults for 20 minutes, twice a day.

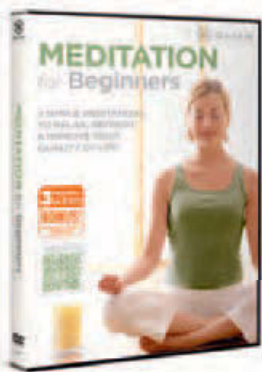
## Try and try again

Many beginners struggle with meditation, so don't give up. It's a skill and, like any skill, it takes practice. Puddicombe compares the process to seeing results from working out at the gym every day—it doesn't happen overnight. "There isn't good or bad meditation," he notes, "only distraction and nondistraction." ●

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## Serenity Now FOUR WAYS TO ADD SOME ZEN TO YOUR DAY



### MEDITATION DVD

Need a visual training aid? Yoga instructor Rodney Yee and meditation coach Maritza guide newbies through different meditations on this DVD, each designed to still the mind, reduce stress and calm the senses. A bonus downloadable program is also included. *Meditation for Beginners*, \$15, [gaiam.ca](http://gaiam.ca).



### MUSE

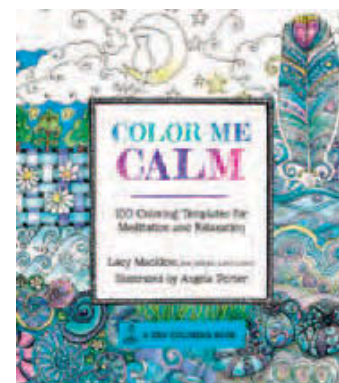
This brain-fitness tool, launched by Toronto's InteraXon, uses sensors to measure brain activity. The headband's Calm app (iOS and Android) guides you through attention-training exercises and delivers feedback designed to help you become aware of distractions and regain focus. *Muse Brain Sensing Headband*, \$299, [indigo.ca](http://indigo.ca).



DOWNLOAD THE APP FROM HEADSPACE.COM

### HEADSPACE APP

Download this app and you're ready to start your mindfulness journey. Former Buddhist monk Andy Puddicombe walks you through a series of 10-minute guided meditations in the free Take10 program. Want to learn more? Sign up for a monthly (\$13) or yearly (\$96) subscription for hundreds of hours of meditations. [headspace.com](http://headspace.com)



### COLOURING BOOKS

Break out the coloured pencils—it turns out little kids are on to something. Research suggests this quiet, creative pastime can calm a busy mind and help reduce anxiety. *Color Me Calm (Race Point Publishing)* by Lacy Mucklow and Angela Porter, \$19.

## CANADIAN LIVING COOKS WITH KRAFT

# Your Bite, Your Way!

“I joined a weekend hiking club as a way to recover from my Monday-to-Friday grind – and ended up making some amazing friends who share my love of the outdoors. Instead of trail mix, we fuel our walks with a batch of these sweet and chewy bites.” – DOUG O’NEILL, Executive Editor

## TRAIL MIX PEANUT BUTTER SNACK BITES

**HANDS-ON TIME:** 15 minutes **TOTAL TIME:** 45 minutes **MAKES:** about 16 bites

1 cup large-flake rolled oats  
 ½ cup **Kraft** Smooth Peanut Butter  
 ½ cup toasted coconut chips, finely chopped  
 ⅓ cup dried apricots, finely chopped  
 ⅓ cup dried Calimyrna figs, finely chopped  
 ¼ cup liquid honey

**MIX** together oats, peanut butter, coconut chips, apricots, figs and honey in large bowl.

**CHILL** until firm, about 30 minutes.

**ROLL** by 2 tbsp into balls.

**PER BITE:** about 125 cal, 3 g pro, 6 g total fat (2 g sat. fat), 18 g carb (2 g dietary fibre, 10 g sugar), 0 mg chol, 34 mg sodium, 118 mg potassium. % RDI: 1% calcium, 5% iron, 2% vit A, 5% folate.

Get more recipes at [sticktogether.ca](http://sticktogether.ca)



Make together.



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# THEIR GREEN *heaven*

It's easy to see why nature lovers and locavores alike adore Sooke Harbour House, Frédérique and Sinclair Philip's Vancouver Island hotel.

BY DOUG O'NEILL



**T**HE CREATURE COMFORTS are all there: sea-water spa treatments, a 2,000-bottle wine cellar, an award-winning restaurant and an on-site art gallery...and so are the actual creatures. Within viewing distance of humpback whales and black bears, Sooke Harbour House offers guests a luxurious, resort-style experience while carefully sustaining its gorgeous natural surroundings. The 28-room hotel is built on the site of a former migratory camping ground of the T'Sou-ke First Nation and has been run by Frédérique and Sinclair Philip since 1979.

For the couple, who are longtime foodies, organic gardeners and slow-food advocates, it's all about blending an exceptional





Opposite: The perfectly situated Sooke Harbour House woos visitors with the best of West Coast nature and rooms with a view. Above: Co-owner Sinclair Philip. Below: The Philips offer organic and locally sourced foods. Right: Even the bedroom art is sourced locally.



culinary experience with the environment. “Sooke is a beautiful natural area,” says Sinclair. “There are crabs in the water, there are whales here all the time, and we see deer here absolutely every day.” Likely, he’s thinking that the deer are a little too enamoured of the resort’s certified organic garden, which supplies the kitchen with about 200 different plants and herbs.

“We’ve always used local foods,” he continues. “We buy largely from certified organic gardens and buy local meats as much as possible, as well as local fowl, vegetables, salad greens and seaweed. We also work closely with local fishermen, especially for crab. And we serve bioforaged foods. I harvest the mushrooms we use, and berries are picked by First Nations people.” The menu changes seasonally to take full advantage of the region’s freshest offerings, such as creamed chanterelles with brioche, local duck with Salt Spring Island Juliette cheese, and fig leaf crème brûlée.

**TAKE A DAY TRIP...** and be back to the hotel in time for dinner. Head to Sooke Potholes Provincial Park for swimming and fishing; go on a whale-watching excursion in nearby Victoria; hike the Juan de Fuca Marine Trail; or visit The Butchart Gardens in Brentwood Bay.

**STAY AN EXTRA DAY...** just so you can wake up one more time in one of Sooke Harbour House’s luxurious four-poster beds. If you need an excuse, West Coast Outdoor Adventure ([westcoastoutdoor.com](http://westcoastoutdoor.com)) offers some excellent reasons to extend your stay. Join their guides for a kayak tour around Sooke—or try stand-up paddleboarding.

**DON’T FORGET TO PACK...** a waterproof poncho—just in case. Never let a little rain ruin your holiday.

**BEST TIME TO GO...** is in July and August.

**GET THERE BY...** plane (or you can take the ferry from Vancouver) to Victoria, then drive 45 minutes to Sooke Harbour. Visit [sookeharbourhouse.com](http://sookeharbourhouse.com). ●

## WANT TO EXPLORE MORE?

Check out these green travel companies in B.C.



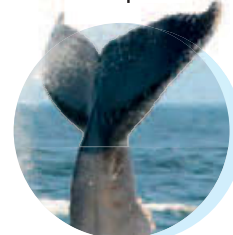
### MAPLE LEAF ADVENTURES

([mapleleafadventures.com](http://mapleleafadventures.com)) nabbed a Parks Canada Sustainable Tourism Award for its sailing cruises.



### ECOTOURS BC

([ecotours-bc.com](http://ecotours-bc.com)), in the Cariboo Mountains, gets you close to spectacular wildlife without leaving a footprint.



### EAGLE WING TOURS

([eaglewingtours.com](http://eaglewingtours.com)), in Victoria, leads whale-watching tours that are 100 percent carbon neutral. The company won a 2014 Sustainable Tourism Award.



# Roaming Retail

Move over, food trucks. We've rounded up Canada's coolest mobile boutiques, stocked with everything from vintage looks to knitting needs.

BY YUKI HAYASHI



## CANDY MEISTER

Purveyor of all-natural, non-GMO, corn syrup-free, German-made candy, which operates from a refurbished delivery van

**LOOK FOR IT IN** Vancouver, from May to mid-October

**PERKS OF MOBILITY** "Second Beach in Stanley Park is by far our favourite spot. But we also work at music festivals, community events and other festivities," says co-owner Elisa, who runs Candy Meister with fiancé Max and their friend Henning. "You meet a lot of interesting people that way."

[@CandyMeisterCA](#)

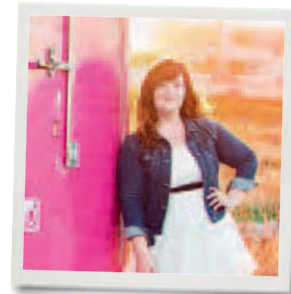
## PURLIN' J'S ROVING YARN CO.

Sells knitting supplies from Lil' Dorothy, a former fire truck

**LOOK FOR IT IN** Kingston, Ont., from May to November

**PERKS OF MOBILITY** "The truck is a travelling yarn show—a carnival of colour!" says operator Joan Sharpe. "It's a curiosity that entices customers who might not normally visit a traditional yarn store. I get to show folks that knitting is fun and accessible to almost anyone."

[@PurlinJs](#)



## IN PURSUIT MOBILE BOUTIQUE

Sells on-trend womenswear in sizes 2 through 18

**LOOK FOR IT IN** Saint John, N.B., from May to mid-November

**PERKS OF MOBILITY** "If I'm having a slow day in one area and want to pick up and go somewhere else, I can," says owner Dominique Leger. "I think we're going to see an explosion of fashion trucks in the next few years. I'm looking at expanding to a second vehicle by 2016."

[@InPursuitTruck](#)



## OH SO LOVELY VINTAGE

A 1950s and '60s clothing and housewares pop-up shop based out of a refurbished vintage trailer named Olive

**LOOK FOR IT IN** Winnipeg, from June to late August or early September, depending on the weather

**MOBILE INSPIRATION** "The weather plays a huge factor in the success of the events we participate in," says co-owner Erin Kroeker, who runs the business with Stefanie Hiebert. "We've been out with the truck during heat waves, windstorms—where we chased our giant umbrella down the street—and torrential downpours, all of which leave us with a great story at the end of the day."

[@ohsolovelies](#)



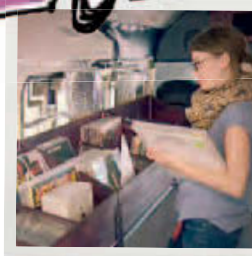
## THE BEATNIK BUS

A refurbished public-transit vehicle that sells old-school vinyl records

**LOOK FOR IT IN** Calgary, from April to October

**MOBILE INSPIRATION** "My father had been collecting vinyl for 40 years to fulfil his dream of opening a funky record store," says founder Kristin Poch. "Four years ago, a heart attack forced him into retirement; opening a store was no longer realistic. I was adamant about hanging onto his collection of 15,000 records. I had a feeling vinyl was making a comeback with the 18-to-35 generation. With the rise of food trucks, the idea for the mobile record store came organically."

[@the\\_beatnikbus](#)





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# *In the Same Boat*

Who'd consider a summer vacay on a houseboat? Actually, thousands of Canadians do every year.

LOOKING FOR A GETAWAY that gives you the opportunity to enjoy the open water and relax? A houseboat rental might be just the escape you need. Stretch your legs at a winery tour or try paddleboarding or yoga as you cruise Shuswap and Mara lakes in B.C.—an area of north Okanagan known as the houseboat capital of Canada. Or explore the 386 kilometres (and the small towns along the route) that make up Ontario's Trent-Severn Waterway. Either way, you can take in the sights and sounds of this country from the water, all while enjoying the comforts of home.

— Jacqueline Kovacs

 CHECK OUT 10 GREAT PLACES TO HOUSEBOAT IN CANADA AT [canadianliving.com/houseboating](http://canadianliving.com/houseboating).





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# SURVIVE THEN *THRIVE*

After a tragic accident, **Joanne Smith** was changed forever. But instead of falling apart, she transcended the trauma to rebuild an inspiring life.


AS TOLD TO VIVIEN FELLEGI





Joanne was inducted into the Terry Fox Hall of Fame in 2007 for her contribution to enriching the quality of life for Canadians with disabilities.



 **LEARN MORE ON HOW TO TAKE A TRAUMATIC EVENT AND USE IT AS A CATALYST FOR CHANGE AT [canadianliving.com/turningpoint](http://canadianliving.com/turningpoint).**

## **STILL DREAM ABOUT**

running. My feet pound the pavement, carrying me over miles of asphalt. My brain shuts off and the world melts away.

I feel powerful. I'm free.

But in November 1988, my mind and body are in a very different state. This is two days after the final run of my life. I lie in the intensive care unit of Hamilton General Hospital, strung out on morphine and in indescribable pain. I don't know where I am and I can't remember what has happened. What I do know is that I can't move my legs.

The doctors have asked my parents to spare me the truth, for now, but a young nurse giving me a sponge bath delivers the devastating news. She looks me in the eye and asks, "You know what happened to you, right?" I tell her I think my legs are broken. She shakes her head and says, "You'll never walk again." I'm stunned. I'm only 19 years old and life as I know it

is over. Little do I realize that a new life will emerge.

Before the accident, my life was taking off. I was at Western University in London, Ont., studying arts, making friends and dating. It wasn't all perfect—my dad had been diagnosed with ALS (a disorder that attacks the nervous system), and I hated seeing him deteriorate as a result of the disease. But whenever I felt down about anything, I would go for a run with my friend John. We'd talk about our dreams and laugh while synchronizing our footfalls over long stretches of trails.

I have absolutely no memory of what happened on that drive home in November. My father pieced it together for me a few days after I regained consciousness. While I was driving to Toronto with John, my car was cut off by a transport truck. I hit the gravel, spun out, crossed the highway into oncoming traffic and slammed into another truck head-on. I barely survived—the force smashed my skull and broke my back, para-

lyzing me from the top of my legs down.

John didn't survive his injuries. I couldn't believe he was gone, and I kept wondering why fate had chosen me over him.

Though I was fortunate to be alive, gratitude was the furthest thing from my mind. My boyfriend walked away from our relationship. My dad's illness was rapidly worsening, and I felt awful that I couldn't take care of him when he needed me most. I also had to come to grips with the permanence of my paralysis. From the window of my room at Lyndhurst Centre, a rehabilitation hospital in Toronto, I could see people running. I felt trapped. Sometimes I would forget that I was paralyzed. I'd want to stand up, then realize that I couldn't.

I played the accident over and over in my head, wishing I had been just one second ahead or one second behind that truck. I was depressed.

My body was not the only thing that changed after the accident. I had always prided myself on my independence; now,



Joanne and her poodle, Pierre



I couldn't even dress myself. To lose that self-reliance was devastating. I couldn't see a future. There would be no more joy, no more adventures, no more fun in my life—everything had been ripped away. It all seemed hopeless.

I was at one of my lowest points when I met another John, at the hospital. He was a ruggedly athletic man with dark curls and an uplifting, charismatic spirit. A quadriplegic as the result of a diving accident years earlier, he now owned a cool wheelchair company and often provided informal peer support to the new patients.

He asked, "How are you doing?" I said, "Not good." He replied, "Yeah, it sucks that it happened." John was the first person to be honest about our reality. All my doctors were telling me that I would adjust, and I thought, Are you #%%\$@ kidding? To finally hear the truth from someone who was also in my situation was validating.

"There's nothing you can do about it," John added, "so make the best of it."

That conversation changed my attitude. It wasn't just his words but also his positive approach that really inspired me. He didn't nurse an ounce of self-pity for his own injuries. His joyful outlook in the face of his own challenges helped me see for the first time that I, too, had a future worth exploring.

At the beginning of my rehab, I found the work of rebuilding my body tedious and slow. I had lost 40 pounds after my accident and my muscles had atrophied. My days at Lyndhurst were filled with stretches, weight training and learning daily life skills such as transferring from my wheelchair into a bath. But now, seeing John embrace his reality, I had faith that all the hard work would pave the way to

a life worth living. My hours in the gym also gave me the unexpected gift of thankfulness. I realized how lucky I was to still have the use of my upper limbs. Slowly, I shed my disappointments and began to count my blessings.

After completing a year of rehab, I was ready to take charge of my life again. I flew to England, where my cousin owned a television production company. When I accompanied him on location, I realized it might be fun to write and produce TV shows. I had absolutely no qualifications for the job beyond blissful ignorance and the balls to go after a new dream. Soon after returning home, I completed a degree in psychology as well as a diploma in radio and television broadcasting.

A year later, I landed a wicked job at CBC-TV. I was waiting in line at a grocery store when I bumped into a CBC producer who encouraged me to apply for a position as cohost of *Moving On*, a program about people with disabilities. We travelled across the country with the show, sharing the stories of many extraordinary Canadians, and the program won a Gemini Award for TV excellence.

With that success under my belt, I followed my interest in helping other people to my current career as a certified nutritional practitioner.

Admittedly, not every day is a great day. When I need to lift my spirits, I get onto my canary-yellow handcycle, which is powered by my arms instead of my legs. It gives me back the exhilarating sense of freedom that I used to get from running. The thick rubber tires glide over dirt and curves, so I don't have to pay attention to every little bump as I do in my wheelchair. In it, I can go almost wherever I want. I feel liberated. I'm alive. ●

## FROM TRAUMA TO TURNING POINT

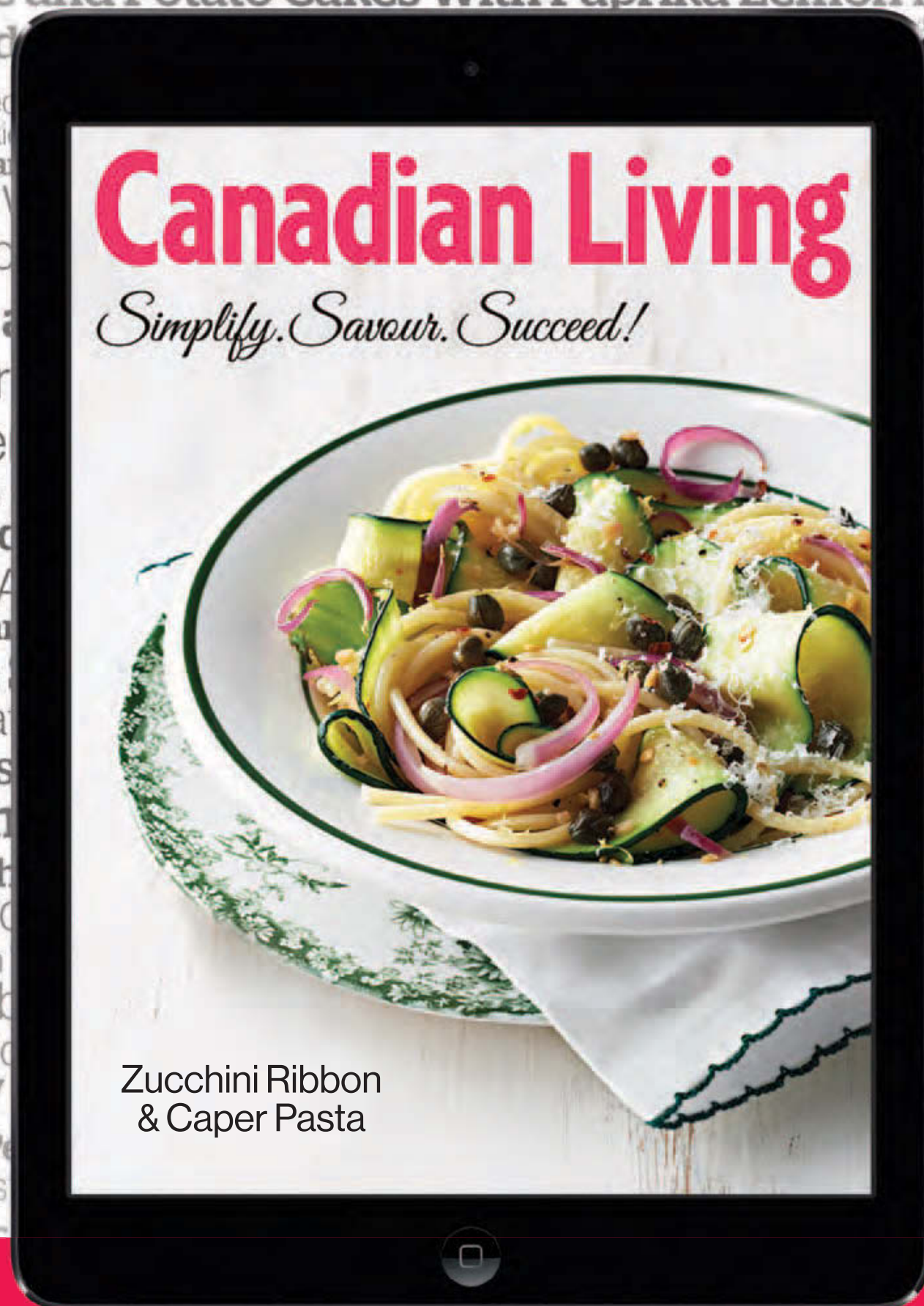
Why is it that some people, when confronted by tragedy, are able to thrive in their new reality, while others struggle? Stephen Joseph, professor at the School of Education at The University of Nottingham in England and author of *What Doesn't Kill Us: The New Psychology of Posttraumatic Growth* (Basic Books, 2013), found that about 30 percent of people can take a traumatic event and use it as a catalyst for change. About eight percent will develop post-traumatic stress disorder and deal with panic attacks, nightmares and flashbacks. The rest of the trauma survivors will recover and return to their old lives.

"In the process of rebuilding our shattered lives, we can discover new possibilities," says Joseph. "Tragedy forces us to reprioritize what's really important. We also discover inner strength that we never knew we had."

When dealing with the aftermath of trauma, Kathryn Belicki, psychology professor at Brock University in St. Catharines, Ont., says self-care is essential. "Eat well, exercise and confide in a friend," she says. Write down your feelings. Talking to someone who has recovered from a similar trauma, adopting an attitude of gratitude, seeing the humour in life and learning new things all contribute to well-being (though these haven't been studied specifically in relation to trauma). "It's helpful to recognize that you can wrestle out an enduring gift from your struggle," says Belicki.



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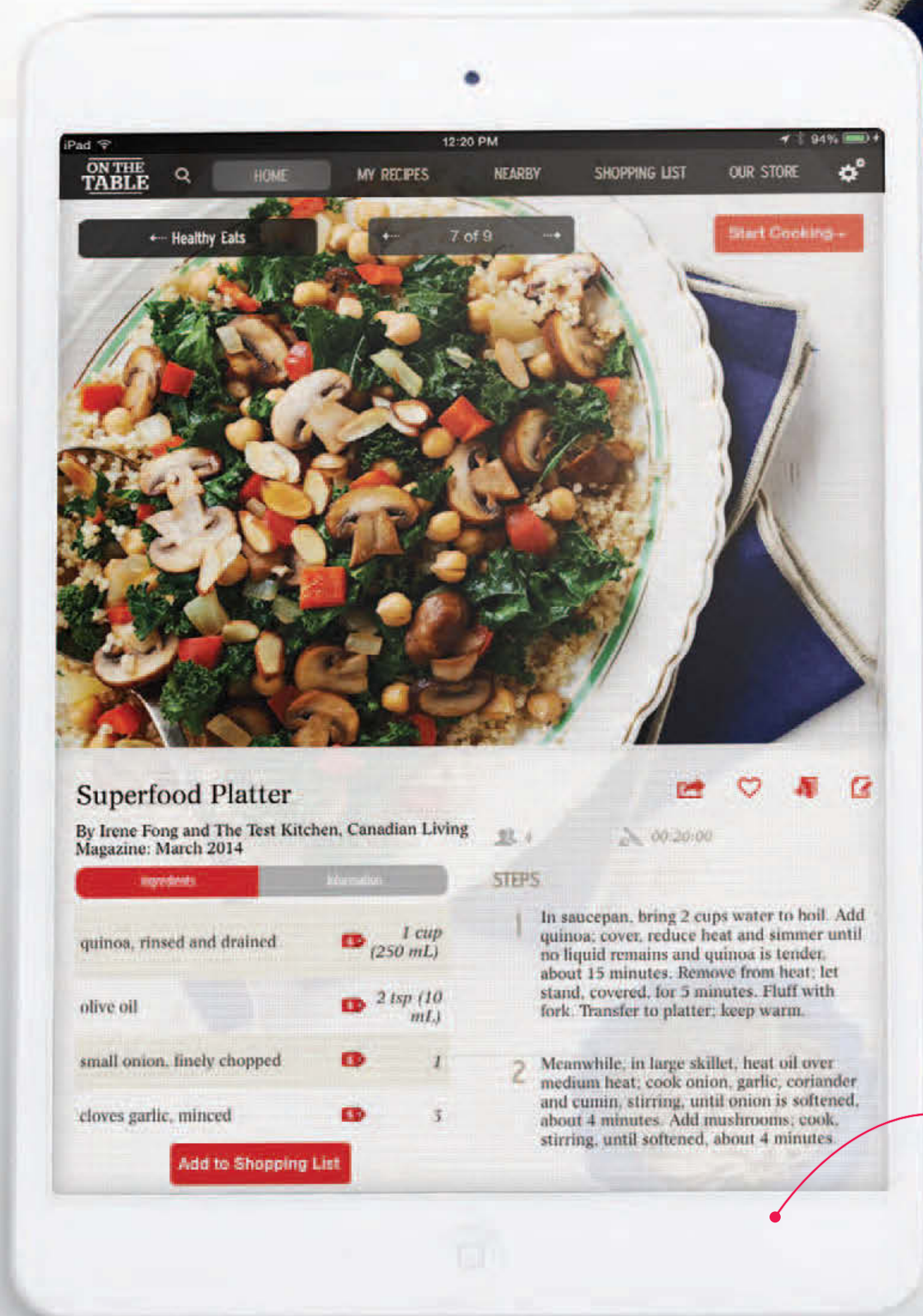
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# HOME

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| BRYAN BAEUMLER ON DECKS

| LAUNDRY LESSONS

## *Budding Romance*

Bored with baby's breath and grocery-store bouquets? These effortlessly elegant arrangements will have you falling in love with freshly cut flowers all over again.

BY BRETT WALTHER

### THINK OUTSIDE THE VASE

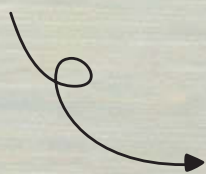
What it lacks in numbers, a lone peony more than makes up for with its voluminous bloom and eye-catching colour. It's perfectly scaled for this vintage teacup, which makes a refreshing alternative to a conventional cut-crystal vase.

PHOTOGRAPHY, JOE KIM. STYLING, BRETT WALTHER



#### BUOYANT BLOOMS

*Although mums are a favourite for floating arrangements, any flowers with a broad surface area, such as camellias and daisies, are prime candidates for this treatment.*



WATCH HOME & GARDEN DIRECTOR  
BRETT WALTHER BUILD THIS FLOATING  
ARRANGEMENT STEP-BY-STEP AT  
[canadianliving.com/flowercentrepiece](http://canadianliving.com/flowercentrepiece).



# bundle bud vases

A pint-size bud vase can help even the tiniest niche burst into bloom, and clustering a group of them together makes more of an impact. Ranunculus prove a perfect fit for this trio of blown-glass beauties, though any flower with a distinct “face” (think spider mums and gerberas) would be a worthy substitute.

*Mae bud vases, crateandbarrel.com.*



## COMMON GROUND

*Can't find three bud vases in the same style? Grouping mix-and-match vessels on a tray or cake stand gives them the same cohesion as a store-bought set.*

## BUILD A BOUQUET

Instead of inserting individual stems into a vase, build this arrangement in your hand, as if you were designing a bridal bouquet.

Start with a bundle of stately roses and, rotating the arrangement in your hand, add an outer ring of humble alstroemeria. Wrap waterproof floral tape (available at craft stores) around the stems to keep them tightly packed, then pop the blooms into a flare-mouthed vase.



## HIGH AND LOW

*There's no denying it: Roses are pricey! Pairing them with low-cost alstroemeria is a great way to stretch your decorating dollar.*

## STACK FLOATING ARRANGEMENTS

A rose bowl on its own is too small to serve as the centerpiece for a chic table setting. To make a floating arrangement that is truly a focal point, fill three clear glass bowls of different sizes with a few inches of water and cover the water's surface with chrysanthemums cut just below the blossom. Then, stack the bowls, starting with the largest at the bottom.



## THE FRESH FACTOR

Follow these five steps for a long-lasting flower arrangement.

### 1. START WITH HEALTHY STEMS

Before you buy freshly cut flowers, turn them upside down and watch for falling foliage; dry or rotting leaves and dropped petals are signs that the flowers are past their prime.

### 2. PREP THE VESSEL

Bacteria are usually to blame when a cut flower meets an

untimely end. That's why it's vitally important to build your arrangement in a vessel that's been washed with dish soap and water. Rinse the vessel with a capful of bleach to take care of any lingering impurities.

### 3. FEED THE FLOWERS

Fill the vessel with water and dissolve a packet of flower preservative, which is usually included with a bouquet of cut stems. (Avoid using preservatives in metal vases, though, as this can cause a reaction that's harmful to

flowers.) If you prefer an alternative to prepackaged flower food, add one part lemon-lime soda for every three parts water. You can also add a small amount of bleach (about a quarter teaspoon of bleach per litre of water) to curb bacterial growth and help keep the water clear.

**4. RECUT THE STEMS** Using sharp scissors or floral clippers, snip an inch off the base of each flower stem at a 45-degree angle, which increases the surface area

and water absorption, and ensures the base won't get plugged sitting flat against the bottom of the vase. Remove any foliage that would sit below the waterline, as it creates a breeding ground for bacteria.

### 5. MAINTAIN YOUR MASTERPIECE

Keep your flower arrangement out of direct sunlight and away from the chilly blast of air-conditioning. Replace the water every two days, recutting stems an inch higher each time.



**EARLY-BIRD SPECIAL**

*The best time to harvest blooms from your garden is at sunrise. Cuttings made when the sun is at its midday peak are more likely to wilt.*

Whitewashed wooden vase, [indigo.ca](http://indigo.ca).  
Three-piece wall art, [homesense.ca](http://homesense.ca).  
Silver Leaf W-F-720 paint (on wall),  
[behr.com](http://behr.com). Settler console table and  
Lucca table lamp, [urbanbarn.com](http://urbanbarn.com).



## GET ON THE GRID

The wider the mouth of a vase, the more challenging it is to control the position of each stem in an arrangement. Use floral tape to create a grid over a broad opening, dividing it up into smaller, more manageable sections. Designate each taped-off section for a different type of flower, aiming for a unified dome shape, with the tallest blooms at the centre.



### MASTER THE MIX

*Selecting flowers for a mixed arrangement can be daunting, but you can't go wrong if you stick to a single tone. The warm peach hues shared by these roses, alstroemeria and carnations establish a common ground that makes for a perfectly cohesive combo.*



FOR MORE IDEAS ON HOW TO TAKE A VASE FROM HUMBLE TO HIGH IMPACT, GO TO [canadianliving.com/vasemakeover](http://canadianliving.com/vasemakeover).



## DOUBLE UP ON VASES

Clear glass cylinders are a staple in every flower arranger's arsenal. You'll need just two to create this summery sand-filled effect: one nested inside the other, with minimum ¾-inch gap all the way around. Using a funnel, fill the gap with sand. Add water to the central vase, then insert a loose arrangement of beachy blooms, such as blue-and-white hydrangeas.

### TIES THAT BIND

*From inside a transparent vase, floral tape can stick out like a sore thumb. Bundle stems together with a clear hair elastic for an invisible alternative.*

## focus on foliage

Though they usually take a backseat to blossoms, leaf-only stems are often longer-lasting and can still pack a considerable punch—especially if you've got exotic houseplants to harvest. The textured fronds of a Boston fern and the striking variegated foliage of bromeliads and begonias look smashing in clear glass vases. To anchor each cutting—and conceal the waterline—fill the base of each vase with a shallow bed of crushed shells or aquarium gravel.



### FUNCTIONAL FOLIAGE

*Coil a long variegated aspidistra leaf around the inside of a vase to conceal the stems of a conventional flower arrangement.*





# flower face-lift

There's a secret to making carnations chic, and it involves arranging them so that they don't look like carnations anymore! With the help of wet floral foam and a repurposed soup bowl, this arrangement makes a super-stylish addition to a vanity, window ledge or nightstand.



## TOOL KIT: WET FLORAL FOAM

Wet floral foam not only provides a structure for your stems but also acts as a sponge, continually feeding flowers the water they need. Here's what you need to know about this indispensable flower-arranging aid.

**DO** make sure you're using wet floral foam. Dry floral foam—used for dried and silk flower arrangements—

looks similar but doesn't have the same water-retention properties.

**DON'T** dunk floral foam. Forcing a brick of foam underwater can trap air pockets in the core, resulting in dry patches. Instead, place bricks on the water's surface and allow them to submerge—and fully saturate—on their own.

**DO** secure floral foam in the vessel. Although the foam in this small-scale

carnation arrangement fits snugly in the soup bowl, larger arrangements may require multiple bricks. A few strips of floral tape placed across the mouth of the vase will hold multiple pieces in place.

**DON'T** reuse a hole. If you've pushed a stem in too deeply, resist the urge to pull it out slightly—the base of the stem will no longer be in contact with the foam and will suck up air instead of water. It's better to reposition the flower entirely.

1



**Place** a brick of wet floral foam in a bucket of water and allow it to soak through. Using a paring knife, shape the foam to fit snugly inside a small bowl. Trim the excess, leaving an inch above the rim of the bowl and angling the exposed edges.

2



**Cut** carnation stems at a 45-degree angle, roughly two inches below the bloom and above a node (one of the bumps where leaves grow).

3



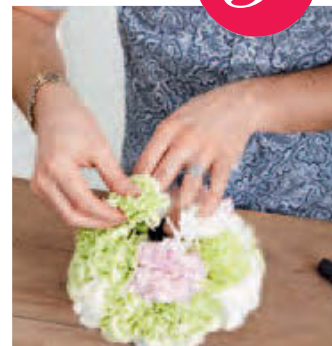
**Insert** the stem of the first blossom into the angled edge of the floral foam, positioning the blossom so that it obscures the lip of the bowl. Continue inserting blossoms in the same fashion, tightly packing them to create a ring around the edge of the bowl.

4



**Insert** a concentric second ring of blossoms, angled slightly higher than the first to create a dome-shaped arrangement.

5



**Fill** in the remaining gaps at the top of the arrangement, inserting stems vertically to complete the dome shape. Mist the arrangement with water daily.





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I love my kitchen—it's where so many good things happen. I also love to cook, so it can get grungy really fast. That's why I love Viva® Vantage® paper towels. Whether I'm scrubbing off baked-on cheese or wiping up spills, they're always the perfect tool. I've tried other towels, but Viva® paper towels are the only ones I've found with such incredible stretch. They are super durable, and dig into even the worst messes. That makes me love being in my kitchen even more.

# BRING ON THE MESS

Comfort foods—like sticky ribs, sweet fruit desserts and crispy tacos—make everyone happy, but the mess they create sure doesn't. That's why Viva® Vantage® Paper Towels are your best friend in the kitchen. It's super-stretchy, absorbent and tough enough to take on all those delicious splatters and drips. Less mess means less stress, and happier cooking.



## WIPE OUT

Ribs are so good, but so sticky. To the rescue: homemade hand wipes. Fold half-sheets of thick, absorbent Viva® Vantage® paper towels into quarters and stack them in a deep bowl. Mix a tablespoon of coconut oil into a cup of warm water until melted, then add a couple of tablespoons of lemon juice. Pour over the stack and let it soak in. Keep wipes on the table to clean up gooey fingers with no harsh chemicals.



## FINAL STRETCH

Finished cast-iron pans are naturally nonstick, but they need to be oiled after each use. It's easy: pour a glug of oil onto a sheet of Viva® Vantage® and wipe it all over the cooking surface. Viva® Vantage® paper towel's tight weave is perfect for the job and won't leave annoying lint on the pan.

## IT'S A WRAP

Why wait for water to boil? Soak a thick, absorbent sheet of Viva® Vantage® paper towel in water and wrap it around a cob of corn. Microwave on high for 3 to 5 minutes, until tender. If you're cooking multiple cobs, plan on about 2 minutes per cob. Water is no problem for Viva®—it's strong even when wet, making it the right towel for the toughest jobs.

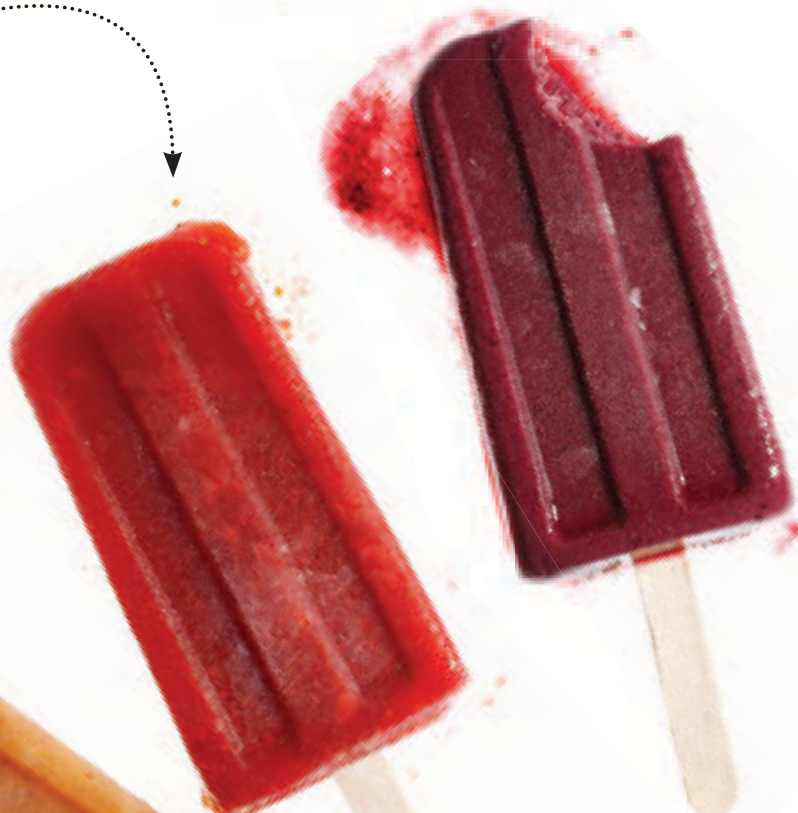
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# Pet Peeves

Have your digs gone to the dogs—or the cats, for that matter? Follow these six steps for a home fit for you *and* your four-legged friends.

BY BRETT WALTHER

*Hounds like this guy are notorious shedders. Regular brushing helps.*

## 1 KEEP FUR UNDER CONTROL

“When you live with pets, one of the hardest things to manage is the hair,” says professional organizer Clare Kumar, who recommends regular brushing as a preventive measure. “It proactively removes a lot of the undercoat so fur doesn’t end up flying around your house.” Her secret weapon against shedding? **A grooming tool called the Furminator ([petsmart.ca](http://petsmart.ca)), which can reduce indoor pet hair by up to 90 percent, depending on the breed.**





## 2 ALWAYS TAKE THE HARD OPTION

Wall-to-wall broadloom may be cushy underfoot, but it will trip you up when accident-prone pets have free rein of the house. That's why interior designer Jessicah Kolter prefers a combination of easy-to-clean hard-surface flooring and low-maintenance area rugs. **"If you're installing hardwood, opt for a satin finish rather than a higher sheen, as this tends to mask scratches and pet hair much better,"** she says. "For rugs, choose something that has a low-cut pile—shags and looped fibres can snag on claws and are harder to keep clean."

## 3 ELIMINATE ODOURS

Opening the front door to a whiff of cat pee makes an unforgettable first impression—for all the wrong reasons. Take a cue from Kumar and **situate litter boxes in or near out-of-the-way bathrooms.** Your cat will prefer the relative privacy, and it will make frequent disposal of flushable cat litter highly convenient. **Also be vigilant about washing the litter box and other smelly hot spots like pet beds.**

## 4 DESIGNATE A DOG DOOR

Instead of cramming even more accessories into a high-traffic front hallway, **Kolter assigns a designated pet entry (usually a back door) and kits it out with hooks for dog leashes, storage for outdoor toys and "everything you need to clean dogs after a walk."** This is also where Kumar leaves a pair of rubber boots at all times. "That way, anyone in the family can easily slip something on their feet and do a backyard cleanup," she says.

## 5 ADDRESS MESSES QUICKLY

Accidents of the ickiest kind are an inevitable part of pet guardianship, and responding to potential stains before they set on upholstery, bedding and carpets is essential. When her 16-year-old tabby hacks up more than a mere hair ball, environmental expert **Candice Batista is ready to respond with her green all-purpose cleaner: a mixture of equal parts water and white vinegar. She'll spritz the solution onto the mess, then sprinkle it with a layer of baking soda.** "It will fizz up—but this is good," says Batista. "Let it sit for five minutes, then dab the area with a wet microfibre cloth."

## 6 CHOOSE PET-FRIENDLY FABRICS

As mom to a golden retriever, interior designer Stacy McLennan seems to be tempting fate with white living-room furniture. Nevertheless, 10-year-old Cooper is welcome to curl up on the couch, thanks to its durable—and virtually hair-repellent—leather upholstery. The white fabric armchairs aren't off-limits, either. "They're slipcovered in a heavy-grade cotton," says McLennan, "so they're easy to take off and throw into the washing machine when they get really dirty." **For regular maintenance, give furniture a weekly once-over with your vacuum's upholstery-brush attachment and take a dry dish-washing glove (yes, you read that correctly) to particularly stubborn patches of fur.** "I find that running a gloved hand over the fabric in circles works well to loosen hair," says Kumar.

## Creature Comforts

Pamper your fur baby—and yourself—with a pet bed that's too handsome to keep hidden.



### PILLOW TALK

Cesar Millan Cuddler Up rectangular pet bed, \$25, [canadiantire.ca](http://canadiantire.ca).



### ALL THAT JAZZ

Enchanted Home Pet Deco pet bed, \$180, [wayfair.com](http://wayfair.com).



### SLEEP PATTERN

Majestic Pet Plantation round bed, \$112, [overstock.com](http://overstock.com).



### SIMPLY CHIC

Pet Lounge Studios Bambu Nautical pet hammock, \$204, [wayfair.com](http://wayfair.com).



### MOD POD

K&H Mod Dream Pod, \$80, [bedbathandbeyond.ca](http://bedbathandbeyond.ca).

Unzips around the middle for easy cleaning!



### MISSION STATEMENT

New Age Pet Habitat N Home My Buddy's Bunk, \$110, [homedepot.ca](http://homedepot.ca).





FIVE MINUTES WITH

## Bryan Baeumler

CONTRACTOR AND HOST OF  
HGTV'S LEAVE IT TO BRYAN

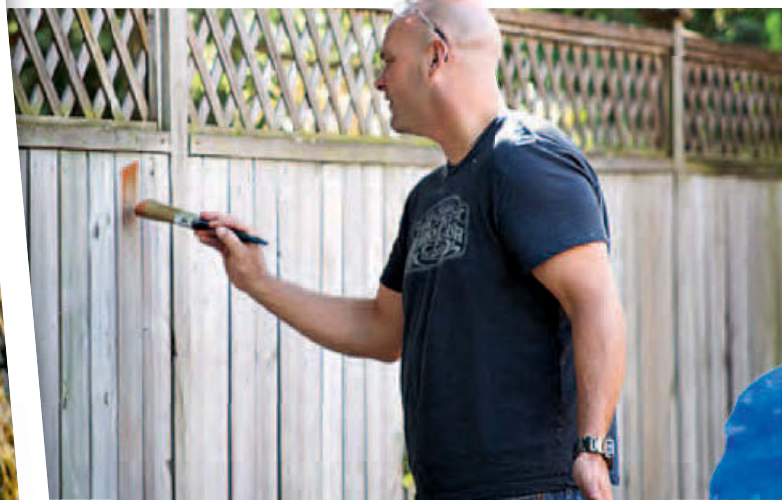
IT'S ALL well and good learning from your own mistakes, but it's less frustrating—not to mention less expensive—to learn from someone else's bloopers. That's the approach behind *Measure Twice* (HarperCollins Canada, \$30), a compilation of DIY disasters that Bryan Baeumler has encountered over the course of his construction career, along with straight-shooting advice on how to avoid them from the get-go. With several weeks still left to tackle outdoor improvements, we quizzed the veteran contractor on how to prevent a dream deck from turning into a DIY nightmare. — Brett Walther



WHAT'S IT  
WORTH?

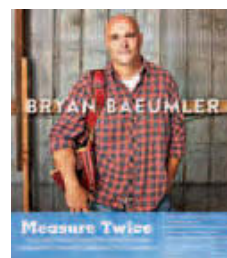
Stoneware originated in the Rhineland area of Germany in the 1400s and became the dominant houseware of North America from 1780 to 1890. Like most stoneware, this jug would have been decorated using cobalt oxide to produce the bright-blue design, then covered in a salt glaze. The last half of the 19th century saw potters

producing stoneware with elaborate figural designs including animals, houses and historical scenes, which are highly desirable. Even though the floral motif here is quite standard, your pot has an interesting Toronto provenance. I'd value it at \$200 to \$300. — Judith Miller, author of *Miller's Antiques Handbook & Price Guide*

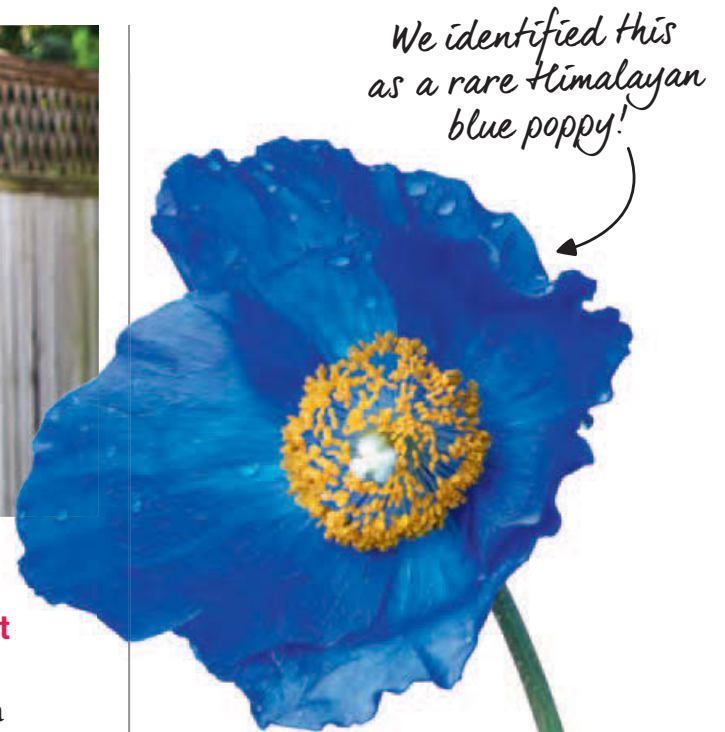


**In the book, you recommend that homeowners in new subdivisions wait at least a year before building decks and fences. Why is that?** Typically in a new development, they've just put in the services underground: the sewer lines and the drains. There's bound to be a lot of settling over the first winter or two, so if you put a fence in, it's going to move all over the place. Same with building a deck or patio right up against your foundation the minute the house is completed: The backfill underneath is going to sink, which means you'll have water directed back toward your home, resulting in hydrostatic pressure on the foundation. You want to give the soil around a house time to settle down and stabilize.

**What's so bad about painting pressure-treated wood?** When wood is pressure-treated, green-tinted chemicals are forced into the wood grain to prevent rot and insects from getting in. Over the first couple of seasons, that material slowly leaches out of the wood and, even if it's painted, you'll slowly see the green seeping through the layer of paint. You want to give it time to weather and dry out a bit. If you're looking to paint or stain something right away, natural cedar is a good option.



For more advice from Bryan Baeumler, check out *Measure Twice* (HarperCollins Canada).



GAME-CHANGER

## PLANT DETECTIVES

We've all discovered a stranger in our gardens at some point: a mysterious blossom or ground cover that we didn't plant but that's sprouted nevertheless. Now, you can identify the intruder with a free smartphone app from Garden Compass ([gardencompass.com](http://gardencompass.com)). Simply submit a mug shot of the specimen and an advisory board of expert green thumbs will play "plant detective" until they've made a positive ID, a process that, in most cases, takes less than 24 hours. — BW

PHOTOGRAPHY: SHANNON J. ROSS (BAEUMLER); LUCY MCEWEN (JUG); GETTY IMAGES (FLOWER)



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Create a laundry zone in an open-concept basement with this clever wall-mounted system. Algot series shelving with drying rack, \$228, [ikea.ca](http://ikea.ca).



**Karl Lohnes**, design expert for Canada AM and Metro News Canada

**Q** We're downsizing to a home that likely won't have a designated laundry room. What are my best options? — KF, Thornhill, Ont.

**A** In most condos and townhouses, you'll find that the laundry area consists of a stackable washer and dryer installed in a niche or closet. Although this arrangement is a savvy use of space, the drawback is that it doesn't offer much in terms of storage for detergent, let alone an iron and ironing board. To compensate, designate a nearby broom-style cupboard or freestanding armoire as storage space for your laundry supplies. Mount purpose-built racks on the inside of the doors to hold the iron and ironing board.

In a home with an open-concept basement where the washer and dryer share a multipurpose space, I suggest a side-by-side configuration of front-loading appliances. Install a countertop over both machines; it can be used as a surface for folding, ironing (with a countertop ironing board) and even gift-wrapping. You could raise both washer and dryer on prefab storage pedestals, which would keep laundry supplies out of sight.

Instead of trying to separate the laundry zone from the rest of the space, go the opposite route and take advantage of the fun colourful finishes now offered by many manufacturers. A red-and-chrome unit would be perfect in a basement that primarily serves as a children's play space or craft room.

# DESIGN DILEMMA

Got questions about your laundry room? Designer **Karl Lohnes** has answers.

**Q** Are high-efficiency washers worth the extra money? — MS, Windsor, Ont.

**A** Yes! High-efficiency washing machines use about a third less water than conventional top-loading washers and come with an Energy Star rating that will help you recoup their higher cost in the long run. What's more, high-efficiency front-loaders tend to be gentler on clothes, as they use a tumbling action to clean instead of the traditional top-loaders' agitator method. The absence of that agitator (the peg in the centre of a traditional washer tub) translates into a larger capacity and more clothes washed per load. Keep in mind you'll have to switch to high-efficiency detergents, which are specifically designed for colder water temperatures (which is how high-efficiency washers save energy) and generate fewer suds to compensate for lower water levels.



Storage pedestals and stackable units are great space-saving options.

Above: WF5500 front-load washer, \$1,500, DV5600 dryer, \$1,300, and storage pedestals, \$250 each (all in Refined Wine), [samsung.ca](http://samsung.ca). Left: Duet front-load steam washer, \$1,350, and dryer, \$1,250, [whirlpool.ca](http://whirlpool.ca).

**TWO-IN-ONE** They've been a staple in Europe for years, and now, combination washer-dryers are making a splash on the Canadian market. Porter & Charles' new dual-function marvel has a nine-kilogram capacity for dirty duds and a condensation dryer (which means no vent pipe is required!). Combi9-6 combination washer-dryer, \$1,999, [porterandcharles.ca](http://porterandcharles.ca).

**CHECK OUT OUR ULTIMATE LAUNDRY GUIDE AT** [canadianliving.com/laundryguide](http://canadianliving.com/laundryguide).





# TURN LAUNDRY TIME INTO **TURBO TIME**



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\*Based on co-marketing agreements.







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# FOOD

COOKING WITH CORN, P. 79

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## ON THE MENU

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CAESAR p.94

GRILLED MAINS p.96

STRAWBERRY  
SNOW CONES p.106



THE ULTIMATE

## *Fried Chicken*

We share our secret technique for making the crunchiest, juiciest, most delicious fried chicken ever.

BY IRENE FONG & THE TEST KITCHEN





Learn how to cut up  
a whole chicken at  
[canadianliving.com/  
chicken](http://canadianliving.com/chicken).

*Cooling the chicken  
on a rack allows the oil to  
drain. Set cooked chicken  
on paper only when cooled  
to keep the crust crisp.*

## ON THE COVER

# THE ULTIMATE FRIED CHICKEN

**Hands-on time:** 1 hour

**Total time:** 5 hours

**Makes:** 12 to 16 pieces

### Buttermilk Marinade:

2 cups	buttermilk
1½ tsp	dry mustard
1 tsp	each garlic powder and onion powder
¾ tsp	salt
½ tsp	each sweet paprika and pepper
¼ tsp	poultry seasoning
pinch	cayenne pepper

### Fried Chicken:

2 kg	skin-on bone-in chicken thighs, drumsticks, wings and/or breasts
2 cups	all-purpose flour
½ cup	potato starch
2 tbsp	each garlic powder and onion powder
1 tbsp	dry mustard
2 tsp	sweet paprika
1½ tsp	salt
½ tsp	pepper
	vegetable oil for frying



*“The special mix we created for our double coating, plus a double dip in the buttermilk marinade, is the secret to our chicken’s ultra-crispy exterior.”*

— IRENE FONG, SENIOR FOOD SPECIALIST

**Buttermilk Marinade:** In glass baking dish, whisk together buttermilk, mustard, garlic powder, onion powder, salt, paprika, pepper, poultry seasoning and cayenne pepper.

**Fried Chicken:** Add chicken to marinade, turning to coat. Cover and refrigerate for 4 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

In large bowl, whisk together flour, potato starch, garlic powder, onion powder, mustard, paprika, salt and pepper.

Add enough oil to large deep skillet or Dutch oven to come 3 inches (8 cm) up side. Heat until deep-fryer thermometer reads 300°F (150°C).

While oil is heating, remove chicken from marinade, letting excess drip back into dish; reserve remaining marinade. Pat chicken dry with paper towels.

Dredge chicken in flour mixture, tapping off excess. Dip in reserved marinade, letting excess drip off. Dredge again in flour mixture, tapping off excess.

Working in batches, fry chicken, turning occasionally, until instant-read thermometer inserted in thickest part of several pieces reads 165°F (74°C), 10 to 15 minutes. Drain on rack set over paper towel-lined baking sheet; let stand for 5 minutes before serving.

PER EACH OF 16 PIECES: about 264 cal, 15 g pro, 15 g total fat (3 g sat. fat), 18 g carb (1 g dietary fibre, 1 g sugar), 45 mg chol, 314 mg sodium, 216 mg potassium. % RDI: 4% calcium, 10% iron, 4% vit A, 2% vit C, 12% folate. ●

### TIP FROM THE TEST KITCHEN

The temperature of the frying oil will go up and down during the cooking process. Monitor it with your deep-fryer thermometer and adjust the heat as needed.



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## Gluten-Free and Delicious



IN SEASON

# Gold Rush

Fresh corn is one of summer's simplest pleasures. Here's how to savour every last juicy, crunchy kernel.

BY LEAH KUHNE & THE TEST KITCHEN PHOTOGRAPHY BY JEFF COULSON



Charred Corn and  
Tomato Salad With Chipotle  
Vinaigrette, p. 81





**Corn and Feta Tart With  
Fresh Tarragon**



**Quick Pickled Corn**



**Grilled Corn With  
Sriracha Aioli, p. 83**



**Jalapeño Corn  
Fritters With Cilantro  
Sour Cream, p. 82**



## CHARRED CORN AND TOMATO SALAD WITH CHIPOTLE VINAIGRETTE

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 8 servings

For the most robust smoky, spicy flavour, we've seeded the tomatoes, which would otherwise dilute the vinaigrette. Reserve the sauce from the can of chipotle chilies; you'll need some in this recipe. Serve your salad topped with grilled fish or a fresh baguette to soak up any juices.

### Chipotle Vinaigrette:

¼ cup	olive oil
3 tbsp	red wine vinegar
1	chipotle chili in adobo sauce, minced
2 tsp	liquid honey
1 tsp	adobo sauce
¼ tsp	each salt and pepper

### Salad:

2	corncobs, husked
1.25 kg	heirloom tomatoes, seeded and cut in 1½-inch (4 cm) chunks
½ cup	fresh parsley, torn
½ cup	fresh basil, torn
¼ cup	chopped fresh chives (1-inch/2.5 cm pieces)

**Chipotle Vinaigrette:** In bowl, whisk together oil, vinegar, chipotle chili, honey, adobo sauce, salt and pepper. Set aside. *(Make-ahead: Refrigerate in airtight container for up to 24 hours.)*

**Salad:** Brush corncobs with 2 tsp of the vinaigrette. Place on lightly greased grill over medium heat; close lid and grill, turning occasionally, until charred and tender, 15 to 20 minutes.

Cut kernels from corncobs. In large bowl, toss together corn kernels, tomatoes, parsley, basil, chives and remaining vinaigrette. Serve warm.

PER SERVING: about 130 cal, 2 g pro, 8 g total fat (1 g sat. fat), 16 g carb (2 g dietary fibre, 5 g sugar), 0 mg chol, 102 mg sodium, 341 mg potassium. % RDI: 2% calcium, 7% iron, 16% vit A, 33% vit C, 19% folate.



Learn the best way to remove kernels from a corn cob at [canadianliving.com/corn](http://canadianliving.com/corn).

## CORN AND FETA TART WITH FRESH TARRAGON

**Hands-on time:** 30 minutes

**Total time:** 3¼ hours

**Makes:** 8 servings

This elegant quiche-like tart is great served with a green salad for brunch or a light dinner. A flaky cornmeal pastry enhances the sweet corn filling.

### Cornmeal Pastry:

1¼ cups	all-purpose flour
¼ cup	cornmeal
½ tsp	salt
½ cup	cold unsalted butter, cubed
3 tbsp	sour cream
2 tbsp	ice water (approx)

### Filling:

1	corncob, husked
1 tbsp	olive oil
¾ cup	chopped leek (white and light green parts only)
4	eggs
⅓ cup	milk
2 tbsp	10% cream
¼ tsp	each salt and pepper
½ cup	crumbled feta cheese
2 tsp	chopped fresh tarragon

**Cornmeal Pastry:** In large bowl, whisk together flour, cornmeal and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles large crumbs. Whisk sour cream with ice water; drizzle over flour mixture, tossing with fork and adding up to 1 tbsp more ice water if needed, until dough comes together. Shape into disc; wrap in plastic wrap and refrigerate until chilled, about 1 hour.

On lightly floured work surface, roll out dough to ¼-inch (5 mm) thickness; fit into fluted 9-inch (23 cm) tart pan with removable bottom, trimming excess. Prick crust all over with fork and refrigerate until firm, about 30 minutes.

Line crust with foil and fill with pie weights or dried beans. Bake on rimmed baking sheet on bottom rack of 400°F (200°C) oven until edge is golden, about 20 minutes. Remove pie weights and foil; bake until crust is golden, about 10 minutes. Let cool slightly on rack.

**Filling:** While crust is baking, cut kernels from corncob. In skillet, heat oil over medium heat; cook corn kernels and leek, stirring occasionally, until corn is deep yellow and tender and leek is softened, about 5 minutes. Set aside.

In large bowl, whisk together eggs, milk, cream, salt and pepper. Stir in corn mixture, feta and tarragon. Pour over crust.

**To finish:** Bake on rimmed baking sheet in 375°F (190°C) oven until knife inserted in centre comes out clean, about 40 minutes. Let cool on rack for 15 minutes.

PER SERVING: about 265 cal, 8 g pro, 17 g total fat (9 g sat. fat), 21 g carb (1 g dietary fibre, 2 g sugar), 132 mg chol, 340 mg sodium, 149 mg potassium. % RDI: 8% calcium, 11% iron, 17% vit A, 3% vit C, 25% folate.

### CHANGE IT UP

## CORN AND FETA TART WITH FRESH THYME

Substitute 1 tsp chopped fresh thyme for tarragon; add to skillet with corn and leek.

## QUICK PICKLED CORN


**Hands-on time:** 15 minutes

**Total time:** 48¾ hours

**Makes:** 3 cups

Enjoy the bright flavour of fresh corn weeks after the season ends with this no-processing quick pickle. It's a nice addition to a charcuterie platter and it makes an extra-special topping for grilled sausages.

3	corncobs, husked
¾ cup	cider vinegar
3	cloves garlic, thinly sliced
1 tbsp	granulated sugar
1 tsp	coriander seeds
½ tsp	salt
¼ tsp	coarsely ground pepper
1	jalapeño pepper, halved lengthwise, seeded and sliced

Cut kernels from corncobs; set aside. In large saucepan, bring vinegar, garlic, sugar, coriander seeds, salt and pepper to boil. Stir in corn kernels and jalapeño pepper; cook for 30 seconds. Remove from heat. 





**Corn, Buttermilk and Chive Biscuits**

Ladle into 3 hot (sterilized) 1-cup (250 mL) canning jars. Cover with lids; screw on bands. Let stand at room temperature for 30 minutes. Refrigerate for 48 hours before using. (*Make-ahead: Refrigerate for up to 3 weeks.*)

PER 1 TBSP: about 11 cal, trace pro, trace total fat (trace sat. fat), 2 g carb (trace dietary fibre, 1 g sugar), 0 mg chol, 21 mg sodium, 25 mg potassium. % RDI: 1% iron, 2% vit C, 2% folate.

## JALAPEÑO CORN FRITTERS WITH CILANTRO SOUR CREAM 🍷🌿

**Hands-on time:** 25 minutes  
**Total time:** 25 minutes  
**Makes:** 10 servings

Fresh-from-the-cob corn comes alive in these southern-style fritters. Biting into the sweet, juicy kernels is a flavour explosion like no other. Use a splatter

screen when frying, as the corn can pop right out of the pan.

### Cilantro Sour Cream:

$\frac{2}{3}$  cup sour cream  
2 tbsp chopped fresh cilantro  
2 tsp lime juice

### Fritters:

3 corncobs, husked  
2 green onions, thinly sliced  
1 jalapeño pepper, seeded and minced  
 $\frac{1}{2}$  cup all-purpose flour  
1 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
 $\frac{1}{4}$  cup milk  
1 egg, lightly beaten  
vegetable oil for frying

**Cilantro Sour Cream:** In small bowl, stir together sour cream, cilantro and lime juice. Set aside. (*Make-ahead: Cover and refrigerate for up to 4 hours.*)

**Fritters:** Cut kernels from corncobs.

In large bowl, stir together corn kernels, green onions, jalapeño pepper, flour, baking powder, salt and pepper. Stir in milk and egg until combined.

In large skillet, add enough oil to come  $\frac{1}{4}$  inch (5 mm) up side; heat over medium heat. Working in batches, drop batter by heaping 1 tbsp into oil, using back of spoon to flatten into discs. Cook, gently turning once, until deep golden, about 5 minutes. Using slotted spoon, remove to paper towel-lined plate to drain; keep warm. Serve with Cilantro Sour Cream.

PER SERVING: about 183 cal, 4 g pro, 12 g total fat (2 g sat. fat), 17 g carb (1 g dietary fibre, 2 g sugar), 25 mg chol, 173 mg sodium, 170 mg potassium. % RDI: 4% calcium, 5% iron, 5% vit A, 7% vit C, 16% folate.

## CORN, BUTTERMILK AND CHIVE BISCUITS 🍷

**Hands-on time:** 20 minutes  
**Total time:** 35 minutes  
**Makes:** 10 biscuits

Use these versatile biscuits as a base for eggs Benedict; pile them high with pulled pork, barbecue sauce and coleslaw for an out-of-this-world sandwich; or, for a simple treat, enjoy them warm out of the oven with butter.

1 corncob, husked  
2 cups all-purpose flour  
1 tbsp baking powder  
1 tbsp granulated sugar  
 $\frac{1}{2}$  tsp salt  
pinch pepper  
 $\frac{1}{4}$  cup cold butter, cubed  
 $\frac{1}{4}$  cup cold lard, cubed  
2 tbsp chopped fresh chives  
 $\frac{2}{3}$  cup buttermilk

In large saucepan of boiling water, cook corncob until kernels are deep yellow and tender, about 3 minutes. Drain and rinse under cold water. Cut kernels from corncob. Set aside.

Meanwhile, in large bowl, whisk together flour, baking powder, sugar, salt and pepper. Using pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces. Stir in corn kernels and chives.

Remove scant 1 tbsp buttermilk to small bowl. Set aside. Drizzle remaining buttermilk over flour mixture, tossing with fork to form soft dough.



Turn out onto lightly floured work surface; press out to 3/4-inch (2 cm) thickness. Using floured 2½-inch (6 cm) round cutter, cut out 10 biscuits, dipping cutter in flour between biscuits and pressing scraps together to form final biscuits.

Arrange biscuits, 2 inches (5 cm) apart, on parchment paper-lined rimmed baking sheet. Brush tops with reserved buttermilk. Bake in 450°F (230°C) oven until puffed, golden and flaky, 14 to 18 minutes. Serve warm or let cool on rack.

PER BISCUIT: about 177 cal, 4 g pro, 9 g total fat (4 g sat. fat), 20 g carb (1 g dietary fibre, 2 g sugar), 15 mg chol, 205 mg sodium, 84 mg potassium. % RDI: 5% calcium, 8% iron, 4% vit A, 2% vit C, 17% folate.

## GRILLED CORN WITH SRIRACHA AIOLI

**Hands-on time:** 25 minutes  
**Total time:** 25 minutes  
**Makes:** 8 servings

Grilled corn is the ultimate summer side. Brushing the aioli onto the corncobs during grilling allows it to cook. If raw

eggs are a concern for you, discard the remaining aioli rather than serving it at the table. If you prefer, substitute with our Sriracha Mayonnaise (see recipe, right).

**Sriracha Aioli:**  
3 egg yolks  
2 tsp Dijon mustard  
1 clove garlic, finely grated or pressed  
¼ tsp salt  
pinch pepper  
½ cup vegetable oil  
¼ cup extra-virgin olive oil  
1 tsp red wine vinegar  
2 tsp sriracha  
1 tbsp chopped fresh cilantro (optional)

**Grilled Corn:**  
8 corncobs, husked

**Sriracha Aioli:** In bowl, whisk together egg yolks, mustard, garlic, salt and pepper. Gradually whisk in vegetable oil until mixture is pale yellow and thickened. Gradually whisk in olive oil. Stir in vinegar, sriracha and cilantro

(if using). (Make-ahead: Refrigerate in airtight container for up to 5 days.)

**Grilled Corn:** Place corncobs on lightly greased grill over medium heat; close lid and grill, turning occasionally and brushing each corncob with 1 tbsp of the aioli during last 5 minutes of grilling, until kernels are deep yellow and tender, 15 to 20 minutes. Serve with remaining aioli.

PER SERVING: about 388 cal, 7 g pro, 25 g total fat (3 g sat. fat), 43 g carb (5 g dietary fibre, 6 g sugar), 72 mg chol, 134 mg sodium, 430 mg potassium. % RDI: 1% calcium, 10% iron, 8% vit A, 18% vit C, 40% folate. ●

## CHANGE IT UP SRIRACHA MAYONNAISE

Omit egg yolks, salt, vegetable oil, extra-virgin olive oil and red wine vinegar; substitute with 1 cup prepared mayonnaise.

### CANADIAN LIVING COOKS WITH KRAFT

# Your Bite, Your Way!

“My mother-in-law makes these every holiday, and they’re the first treats I reach for on the sweet table. The puffed rice cereal adds an addictive crispy texture.”

– GILEAN WATTS, Articles Editor, Food

## CHOCOLATE-COVERED CRISPY PEANUT BUTTER SNACK BITES

**HANDS-ON TIME:** 25 minutes **TOTAL TIME:** 1 hour **MAKES:** about 13 bites

1 cup large-flake rolled oats  
¾ cup puffed rice cereal  
½ cup **Kraft** Unsweetened Unsalted Peanut Butter  
¼ cup liquid honey  
2 bars (each 100 g) semisweet chocolate, chopped and melted

**MIX** together oats, cereal, peanut butter and honey in large bowl.

**CHILL** until firm, about 30 minutes.

**ROLL** by 2 tbsp into balls. Using two forks, dip each ball in chocolate, tapping forks to remove excess; arrange on parchment paper-lined baking sheet.

PER BITE: about 168 cal, 4 g pro, 9 g total fat (3 g sat. fat), 20 g carb (2 g dietary fibre, 12 g sugar), 0 mg chol, 3 mg sodium, 73 mg potassium. % RDI: 1% calcium, 6% iron, 8% folate.

Get more recipes at [sticktogether.ca](http://sticktogether.ca)



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Herbed  
Edamame  
Salad With  
Pancetta



# SUPPER SALADS

Make a meal of these salads featuring summer's brightest greens.

BY IRENE FONG & THE TEST KITCHEN

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, DAVID GRENIER. PROP STYLING, CAROLYN SOUCH/JUDY INC.



## HERBED EDAMAME SALAD WITH PANCETTA 🍴🥗🍴

**Hands-on time:** 20 minutes

**Total time:** 20 minutes

**Makes:** 4 servings

Crispy bits of pancetta take this herb-packed salad a notch over the top. To ensure that the dressing clings, pat the cooked edamame and peas dry before tossing with the other ingredients. If you like, top with grilled chicken or fish for a more filling meal.

### Herbed Mint Dressing:

⅓ cup chopped fresh basil

¼ cup chopped fresh mint

3 tbsp red wine vinegar

2 tsp Dijon mustard

1 tsp liquid honey

½ tsp each salt and pepper

⅓ cup vegetable oil

### Salad:

6 strips pancetta (about 75 g), chopped

3 cups frozen shelled edamame

2 cups frozen peas

12 cups mixed baby greens, baby chard or mâche (lamb's lettuce)

1 cup thinly sliced radishes

¾ cup chopped red onion

**Herbed Mint Dressing:** In small bowl, whisk together basil, mint, vinegar, mustard, honey, salt and pepper. Slowly whisk in oil. Set aside.

**Salad:** In skillet, cook pancetta over medium heat, stirring occasionally, until crisp, about 6 minutes. Remove to paper towel-lined plate to drain.

While pancetta is cooking, in saucepan of boiling lightly salted water, cook edamame for 2 minutes. Add peas and cook for 1 minute. Drain and transfer to bowl of ice water to chill. Drain and pat dry with paper towel.

In large bowl, toss together edamame mixture, baby greens, radishes, red onion and dressing. Sprinkle with pancetta.

PER SERVING: about 382 cal, 19 g pro, 24 g total fat (2 g sat. fat), 25 g carb (10 g dietary fibre, 9 g sugar), 13 mg chol, 995 mg sodium, 769 mg potassium. % RDI: 13% calcium, 34% iron, 52% vit A, 42% vit C, 178% folate.

### CHANGE IT UP

## HERBED EDAMAME SALAD WITH EGGS 🍴🥗🍴🥬

Omit pancetta. Top salad with 4 eggs, hard-cooked and quartered.

## Tuna and Potato Salad With Lemon-Caper Dressing



## TUNA AND POTATO SALAD WITH LEMON-CAPER DRESSING 🍴🥗🍴

**Hands-on time:** 20 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Who says potato salad needs to be heavy? Here, we've tossed mini potatoes with tuna, crispy Little Gem lettuce and a citrusy dressing for a light yet satisfying meal. Good-quality oil-packed tuna has more moisture and flavour than water-packed, but either will work.

### Lemon-Caper Dressing:

3 tbsp lemon juice

4 tsp chopped drained capers

1 tbsp grainy mustard

2 tsp liquid honey

½ tsp each salt and pepper

⅓ cup olive oil

### Salad:

690 g mini red-skinned potatoes

8 cups sliced or torn Little Gem or romaine lettuce

150 g oil-packed solid light albacore tuna, drained and broken in chunks

1 cup shredded radicchio

2 shallots, thinly sliced

**Lemon-Caper Dressing:** In small bowl, whisk together lemon juice, capers, mustard, honey, salt and pepper. Slowly whisk in oil. Set aside.

**Salad:** In large saucepan of boiling salted water, cook potatoes until fork-tender, about 10 minutes. Drain and let cool for 10 minutes. Cut in half.

In large bowl, gently toss together potatoes, lettuce, tuna, radicchio, shallots and dressing.

PER SERVING: about 379 cal, 12 g pro, 21 g total fat (3 g sat. fat), 39 g carb (6 g dietary fibre, 7 g sugar), 7 mg chol, 991 mg sodium, 1,157 mg potassium. % RDI: 6% calcium, 21% iron, 85% vit A, 90% vit C, 78% folate. 🍴





## CHICKEN TIKKA “MASALAD”

**Hands-on time:** 35 minutes

**Total time:** 35 minutes

**Makes:** 4 to 6 servings

This fun twist on chicken tikka masala packs the richly spiced flavours of the popular Indian-style meal into a fresh and easy salad. You can buy chicken breasts already sliced into cutlets or simply cut whole boneless breasts in half horizontally.

### Spiced Lemon Dressing:

¼ cup	lemon juice
4 tsp	liquid honey
1 tbsp	Dijon mustard
1 tbsp	grated fresh ginger
1	clove garlic, finely grated or pressed
½ tsp	garam masala
¼ tsp	each salt and pepper
½ cup	vegetable oil

### Salad:

¼ cup	plain Balkan-style yogurt
2 tsp	each garam masala and sweet paprika
¼ tsp	each salt and pepper
pinch	cayenne pepper
450 g	boneless skinless chicken breast cutlets
2	sweet red, yellow and/or orange peppers, quartered
1	large red onion, cut crosswise in ½-inch (1 cm) rings
1	naan
2 tsp	vegetable oil
16 cups	chopped romaine lettuce

**Spiced Lemon Dressing:** In small bowl, whisk together lemon juice, honey, mustard, ginger, garlic, garam masala, salt and pepper. Slowly whisk in oil. Set aside. *(Make-ahead: Refrigerate in airtight container for up to 5 days. Let stand at room temperature for 30 minutes, and whisk, before serving.)*

**Salad:** In large bowl, stir together yogurt, garam masala, paprika, salt, pepper and cayenne pepper. Add chicken, turning to coat. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

In separate bowl, toss together sweet peppers, red onion and ¼ cup of the dressing; reserve remaining dressing.

Place chicken on greased grill over medium-high heat. Reserving excess dressing from bowl, transfer sweet peppers and red onion to grill. Close lid and grill, turning chicken and vegetables once and brushing vegetables with reserved dressing, until chicken is no longer pink inside and vegetables are tender, about 10 minutes.

Remove chicken and vegetables to cutting board; cover loosely with foil to keep warm. Let chicken rest for 5 minutes.

While chicken is resting, brush both sides of naan with oil; place on greased grill over medium-high heat. Grill, turning once, just until crisp, about 5 minutes.

Chop chicken, sweet peppers, red onion and naan into bite-size pieces. In separate large bowl, combine chicken, sweet peppers, red onion, naan, lettuce and remaining dressing; toss to coat.

PER EACH OF 6 SERVINGS: about 399 cal, 22 g pro, 24 g total fat (3 g sat. fat), 26 g carb (5 g dietary fibre, 10 g sugar), 45 mg chol, 424 mg sodium, 628 mg potassium. % RDI: 6% calcium, 18% iron, 97% vit A, 195% vit C, 62% folate.

### CHANGE IT UP

## SHRIMP TIKKA “MASALAD”

Substitute 450 g jumbo shrimp (21 to 24 count), peeled and deveined, for the chicken. Cook on greased grill over medium-high heat until shrimp are pink and opaque throughout, about 4 minutes.



No salad spinner? Shake as much water from the washed greens as you can, then spread them onto a tea towel and roll it up gently. The towel will absorb water while keeping the lettuce from wilting.





## ORANGE SALMON AND ORZO SALAD

**Hands-on time:** 25 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

The combination of sweet orange, savoury salmon and fresh herbs makes this pasta salad a tasty, healthful option. If you like, serve smaller portions as a side dish at your next gathering.

### Orange-Chive Dressing:

½ tsp	grated orange zest
3 tbsp	orange juice
2 tbsp	chopped fresh chives
2 tsp	Dijon mustard
1 tsp	liquid honey
1	clove garlic, finely grated or pressed
½ tsp	each salt and pepper
⅓ cup	vegetable oil

### Salad:

450 g	skinless salmon fillet
pinch	each salt and pepper
¼ cup	chopped fresh parsley
4 tsp	Dijon mustard
2 tsp	grated orange zest
1½ cups	orzo
2 cups	snow peas, trimmed and sliced diagonally
8 cups	baby arugula
2 cups	watercress leaves or living cress leaves


**Orange-Chive Dressing:** In small bowl, whisk together orange zest, orange juice, chives, mustard, honey, garlic, salt and pepper. Slowly whisk in oil. Set aside.

**Salad:** Sprinkle salmon with salt and pepper. Stir together parsley, mustard and orange zest; spread over salmon. Place on lightly greased foil-lined rimmed baking sheet. Bake in 400°F (200°C) oven until

fish flakes easily when tested, about 15 minutes. Remove to cutting board; chop or break apart into large chunks.

While salmon is baking, in large saucepan of boiling salted water, cook orzo until almost al dente, about 8 minutes. Add snow peas and cook until orzo is al dente and peas are bright green and tender-crisp, about 30 seconds. Drain.

In large bowl, toss together orzo mixture, arugula, watercress and dressing. Gently fold in salmon.

**PER SERVING:** about 635 cal, 32 g pro, 31 g total fat (4 g sat. fat), 56 g carb (4 g dietary fibre, 6 g sugar), 55 mg chol, 714 mg sodium, 721 mg potassium. % RDI: 11% calcium, 21% iron, 20% vit A, 75% vit C, 43% folate. 

**TIP FROM THE TEST KITCHEN**

If you'd like leftovers, set some salad and dressing aside before tossing together. That way, your next-day salad stays nice and crisp.



## WARM KALE AND QUINOA SALAD 🍴 🍷 🌱

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Superfoods unite in this hearty meat-free main. If you can't find baby kale, use chopped stemmed kale instead. For a special garnish, top with a drizzle of truffle oil and extra Parmesan.

### Tarragon Vinaigrette:

- ¼ cup chopped fresh tarragon
- 2 tbsp white wine vinegar
- 2 tsp liquid honey
- 1 clove garlic, finely grated or pressed
- ½ tsp each salt and pepper
- ½ cup vegetable oil

### Salad:

- ½ cup quinoa
- 1 tbsp olive oil
- 2 pkg (each 100 g) shiitake mushrooms, stemmed and sliced
- 1 pkg (227 g) cremini mushrooms, thinly sliced
- 1 shallot, minced
- 1 bunch asparagus, trimmed and cut in 1½-inch (4 cm) lengths
- 8 cups packed baby kale
- ½ cup shaved Parmesan cheese

**Tarragon Vinaigrette:** In small bowl, whisk together tarragon, vinegar, honey, garlic, salt and pepper. Slowly whisk in oil. Set aside.

**Salad:** Cook quinoa according to package instructions; uncover. Meanwhile, in large skillet, heat oil over medium-high heat; sauté shiitake mushrooms, cremini mushrooms and shallot until mushrooms are beginning to turn golden, about 4 minutes. Add asparagus and sauté just until tender, about 3 minutes.

Remove from heat; stir in quinoa and two-thirds of the dressing. Scrape into large bowl; let cool slightly, about 5 minutes. Add kale, Parmesan and remaining dressing; toss to coat.

**PER SERVING:** about 479 cal, 13 g pro, 36 g total fat (5 g sat. fat), 32 g carb (7 g dietary fibre, 8 g sugar), 8 mg chol, 516 mg sodium, 947 mg potassium. % RDI: 24% calcium, 25% iron, 70% vit A, 132% vit C, 79% folate.



Learn how to trim asparagus at [canadianliving.com/asparagus](http://canadianliving.com/asparagus).







## THAI CRAB CAKE SALAD WITH RED CURRY MAYO 🍴

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 to 6 servings

In this perfect-for-company supper, red curry paste delivers spicy, herbaceous flavour to the crab cakes as well as the accompanying creamy mayo.

### Crab Cakes:

- 1 tub (454 g) crab claw meat, coarsely chopped
- ¼ cup chopped fresh cilantro
- ¼ cup dried bread crumbs
- 2 green onions, chopped
- 1 egg, lightly beaten
- 1 tbsp Thai red curry paste
- 1 tbsp vegetable oil

### Red Curry Mayo:

- 3 tbsp light mayonnaise
- 1 tsp Thai red curry paste

### Lime Vinaigrette:

- 2 tbsp lime juice
- 1 clove garlic, finely grated or pressed
- 1 tsp grated fresh ginger
- 1 tsp liquid honey
- pinch each salt and pepper
- ¼ cup vegetable oil

### Salad:

- 12 cups lightly packed baby spinach
- 2 cups lightly packed watercress leaves or living cress leaves (about 1 bunch)
- 2 avocados, peeled, pitted and diced
- 1 sweet red pepper, diced

**Crab Cakes:** In bowl, stir together crabmeat, cilantro, bread crumbs, green onions, egg and curry paste until well combined. Shape into twelve ¾-inch (2 cm) thick patties. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

In large nonstick skillet, heat oil over medium heat. Working in batches, cook crab cakes, turning once, until firm and golden, about 6 minutes. Remove to plate; keep warm.

**Red Curry Mayo:** While crab cakes are cooking, in small bowl, mix mayonnaise with curry paste. Set aside. *(Make-ahead: Cover and refrigerate for up to 2 days.)*

**Lime Vinaigrette:** In large bowl, whisk together lime juice, garlic, ginger, honey, salt and pepper. Slowly whisk in oil.

**Salad:** Add spinach, watercress, avocados and red pepper to vinaigrette; toss to combine. To serve, top with crab cakes and curried mayo.

**PER EACH OF 6 SERVINGS:** about 329 cal, 16 g pro, 24 g total fat (3 g sat. fat), 14 g carb (5 g dietary fibre, 4 g sugar), 87 mg chol, 676 mg sodium, 741 mg potassium. % RDI: 11% calcium, 27% iron, 64% vit A, 102% vit C, 73% folate. ●





# You say TOMATO

With thousands of varieties in existence, and possibly even more ways to enjoy them, tomatoes may well be the most versatile food grown in Canada. Here's why they look and taste great year-round.

BY JENNY POTTER RECIPE BY IRENE FONG & THE TEST KITCHEN



**T**HE BRIGHT COLOUR and sweet taste of fresh tomatoes might seem synonymous with summer, but Canadian farmers are experts in growing the zesty fruit all year long.

The key to this agricultural success lies in Leamington, Ont., a 22-kilometre-wide stretch of land along Lake Erie, home to the largest concentration of greenhouses in North America. Situated as it is at the country's southernmost tip, Leamington boasts mild weather and long, bright days—perfect conditions for growing a wealth of fresh produce, including tomatoes.

Henry DiCiocco ought to know: He and his family have been growing tomatoes since his parents first started their vegetable farm in the 1960s.

Like many farmers, DiCiocco's family found Leamington's fertile land ideal for growing cucumbers, bell peppers and, of course, tomatoes. Back then, they farmed outside in fields, with a small greenhouse for winter months. But as technology advanced and their company grew, they turned more and more to growing inside.

A key advantage of greenhouse growing is that farmers can control the climate to create perfect conditions year-round. Moving plants inside, however, also meant farmers had to take on roles reserved for nature, such as pollination.

In the field, tomato plants are pollinated by bees flying from one plant to the next. But when his family switched to greenhouses for raising tomatoes, DiCiocco had to help pollinate the thousands of plants by hand. "We had vibrating sticks, called buzzers, that we would use to touch every flower in

every greenhouse every other day," says DiCiocco. "It was a big, big job."

That job was given back to nature in the early '90s, when bees were introduced inside the greenhouses for pollination at three farms, including DiCiocco Farms. It was a revolutionary move that has now become common practice. "They do a perfect job," he says. "They pollinate exactly when that flower needs to be pollinated." DiCiocco also uses predatory bugs such as *Encarsia*, a type of parasitic wasp, to fight whitefly infestations that threaten his plants. "It helps us minimize the use of pesticides."

DiCiocco relies on the sun's light and warmth to ripen each tomato, but timing can be tricky. If you wait too long to harvest, you'll have a shipment of tomatoes that could be overripe by the time they arrive at the market. "You want them to be ripe off the vine to get the peak colour and flavour," says DiCiocco. "The greener you pick them, the less flavour they have."

He looks for tomatoes that are firm with an overall bright-salmon colour. At his farms, they are hand-picked between 7 and 10 a.m., before the sun's heat hits and they overripen. During summer days, DiCiocco's farms harvest between 34,000 and 36,000 kilograms of beefsteak, Roma, cluster and cherry tomatoes each day. From there, the tomatoes are washed, sorted by size and delicately packed by hand before being shipped to markets across North America.

"I could harvest a tomato today and it could be in the store the next night," says DiCiocco. Unless you grow tomatoes yourself, you can't get much fresher than that.



## FRESH HEIR

If you have noticed a growing abundance of irregularly shaped tomatoes in a multitude of colours, take it as proof that the idiom "everything old is new again" holds true. Heirloom tomatoes, as they're called, are popping up at roadside fruit stands, specialty markets and large grocery chains. That's no surprise to chef Mona Johannson, whose family grows more than 300 varieties of heirloom tomatoes in the fields of their organic Sunshine Farm in Kelowna, B.C. We asked Johannson to dish the dirt on this produce phenomenon.

### What are heirloom tomatoes?

Heirlooms are historical varieties of tomatoes that have been passed on through generations, many from the 1920s onward. They are typically grown on a smaller scale because they have thin skin and are oddly shaped, making them difficult to transport.

### How are they different?

Commercially grown tomatoes have more consistency in flavouring, while each heirloom tomato has its own personality and flavour profile. Heirloom tomatoes are unique in size, colour and shape. They range in hue from pale yellow to rainbow-striped. "They're visually spectacular," says Johannson.

### Which heirloom varieties are most common?

People often seek out Roma tomatoes for canning and sauces, while beefsteak is popular for everyday eating.

### Where can I buy them?

Farmers' markets are the best places to find fresh heirloom tomatoes. Their shelf life is very short—from less than 24 hours to a few days—and they don't travel well, so it's best to buy them locally.

Don't store tomatoes in the fridge. Cool temperatures break down the sugars and destroy their sweetness.





*Change it up: Use Canadian Mozzarella or Havarti in place of the Gouda!*



Watch how to make this recipe at [canadianliving.com/bruschetta](http://canadianliving.com/bruschetta).

centre burner unlit). Remove rack above 1 lit burner. Seal wood chips in double layer of heavy-duty foil to make packet; poke several holes in top. Place packet directly on lit burner without rack; close lid and let smoke fill barbecue. (For charcoal barbecue: Omit foil and place wood chips directly on coals.)

In bowl, gently toss tomatoes with 2 tsp of the oil. Arrange, cut sides up, on rimmed baking sheet. Place baking sheet on rack over unlit burner; close lid and cook on low heat (about 275°F/140°C) until tomatoes are shrivelled and appear dry yet still plump, about 3 hours.

Remove from grill; set aside. Remove wood chips and return rack to lit burner. Leaving 1 burner unlit, heat remaining burner(s) to medium-high.

Brush both sides of bread slices with remaining oil. Place on greased grill; close lid and grill, turning occasionally, until crisp and grill-marked, about 4 minutes. Sprinkle with Gouda and transfer to unlit burner; close lid and cook until cheese is melted, 4 to 6 minutes. Top with tomatoes; sprinkle with salt, pepper and basil.

PER PIECE: about 267 cal, 12 g pro, 14 g total fat (6 g sat. fat), 25 g carb (3 g dietary fibre, 6 g sugar), 33 mg chol, 442 mg sodium, 506 mg potassium. % RDI: 23% calcium, 12% iron, 21% vit A, 37% vit C, 33% folate. ●



A consistent low roasting temperature gives tomatoes the best flavour and texture. Use an oven thermometer to monitor the temperature and adjust as needed to ensure that the grill remains at 275°F (140°C).

## SMOKED TOMATO BRUSCHETTA WITH CANADIAN GOUDA 🍅🌿

**Hands-on time:** 30 minutes

**Total time:** 4½ hours

**Makes:** 6 pieces

Cooking the tomatoes low and slow infuses them with smoky flavour and makes this simple appetizer anything but average. Use strongly flavoured wood chips, such as hickory, for the best taste. Cocktail tomatoes, which are about an inch wide, are the ideal size for this recipe.

- 18 cocktail tomatoes, halved crosswise
- 2 tbsp olive oil
- 6 slices (¾-inch/2 cm thick) crusty Italian bread or French bread
- 1½ cups shredded **Canadian Gouda** cheese
- pinch each salt and pepper
- ¼ cup torn fresh basil leaves

Soak 3 cups wood chips in water for 1 hour; drain.

For gas barbecue: Heat 1 burner of 2-burner barbecue or 2 burners of 3-burner barbecue to medium heat (if using 3-burner barbecue, keep

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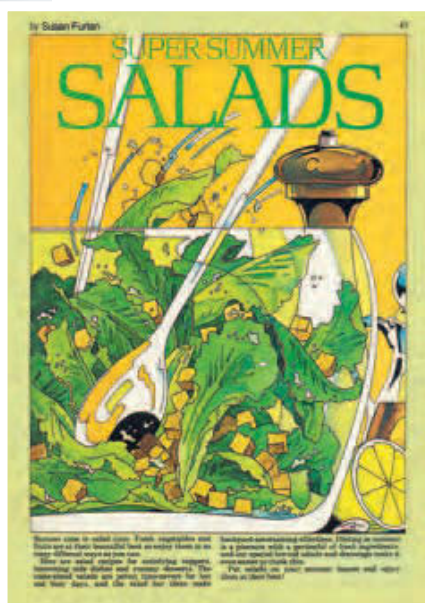


# CAESAR WITH *style*

Impress your guests with dinner and a show  
by making this classic salad tableside.

BY THE TEST KITCHEN





*This recipe first appeared in our June 1981 issue!*

## SHOW-OFF CAESAR SALAD

**Hands-on time:** 25 minutes

**Total time:** 25 minutes

**Makes:** 8 to 10 servings

This classic salad is traditionally assembled in front of patrons at fine-dining restaurants. To make this recipe at home, simply prep the ingredients in advance and set them out on a tray alongside a wooden serving bowl; take the tray to the table and assemble the salad as your guests watch in awe.

- 1 egg (shell-on)
- 1 clove garlic, halved
- 1 pkg (50 g) anchovy fillets, drained, rinsed and chopped
- ¼ cup lemon juice
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ½ tsp dry mustard
- ½ tsp pepper
- ½ cup olive oil or vegetable oil
- 2 heads romaine lettuce, torn in bite-size pieces
- 2 cups croutons
- ½ cup freshly grated Parmesan cheese

In saucepan of gently simmering water, cook egg for 1 minute. Drain and rinse under cold water. Set aside.

Rub inside of wooden serving bowl with cut sides of garlic; discard garlic. Add anchovies to bowl; using fork, mash into paste. Crack egg into bowl; add lemon juice, Worcestershire sauce, salt, mustard and pepper. Gradually whisk in oil in thin steady stream until combined.

Add lettuce; toss to coat. Add croutons and Parmesan; toss to combine. Serve immediately.

PER EACH OF 10 SERVINGS: about 216 cal, 5 g pro, 18 g total fat (5 g sat. fat), 10 g carb (2 g dietary fibre, 3 g sugar), 37 mg chol, 516 mg sodium, 266 mg potassium. % RDI: 9% calcium, 11% iron, 77% vit A, 35% vit C, 56% folate. ●

## STEP-BY-STEP INSTRUCTIONS



**1** Drizzle in oil very slowly as you whisk so dressing emulsifies.



**2** Emulsified dressing should have uniform, slightly thickened, consistency.



**3** Toss together just before serving so lettuce and croutons stay crispy.

**TIP FROM THE TEST KITCHEN**

Caesar dressing gets its rich texture from raw egg. Briefly coddling, or gently simmering, the egg helps eliminate the risk of bacteria without cooking the egg. It's safe for most people to eat raw Canada Grade A eggs that have been handled properly (kept refrigerated, clean and free of cracks), but very young children, pregnant women, the elderly and people with a compromised immune system should avoid eating raw egg.



Get the recipe for our **Buttery Croutons** at [canadianliving.com/croutons](http://canadianliving.com/croutons).



# Quick & Easy

Short on prep work and big on flavour, these grilled meals help you keep your cool on hot summer nights.

BY JENNIFER BARTOLI & THE TEST KITCHEN

## GRILLED PORK TENDERLOIN WITH SESAME SOBA NOODLES 🍴 🍴

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Hoisin sauce adds tangy sweetness to grilled pork tenderloin. Cut down on kitchen time by cooking the noodles on the side burner of the barbecue, if your model has one. Add the noodles to the dressing just before serving, otherwise they will soak up too much of the sauce.

### Pork:

- 1 tbsp hoisin sauce
- 1 tsp rice vinegar
- 1 tsp sesame oil
- ½ tsp Asian chili sauce (such as sriracha)
- 1 pork tenderloin (450 g), trimmed

### Sesame Soba Noodles:

- 2 heads baby bok choy (about 250 g total)
- 4 tsp vegetable oil
- 225 g soba noodles
- 1 tbsp rice vinegar
- 1 tbsp sesame seeds, toasted
- 2 tsp sodium-reduced soy sauce
- 2 tsp sesame oil
- 1 tsp Dijon mustard
- 4 green onions, sliced
- 1 cup matchstick-cut carrots

**Pork:** In small bowl, whisk together hoisin sauce, vinegar, sesame oil and chili sauce. Set aside.

Place pork on greased grill over medium-high heat; close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, 16 to 20 minutes. Transfer to cutting board; cover loosely with foil and let rest for 5 minutes. Brush pork with hoisin mixture and slice crosswise.

**Sesame Soba Noodles:** While pork is cooking, halve bok choy lengthwise and core; brush all over with 1 tsp of the vegetable oil. Place on greased grill over medium-high heat; close lid and grill, turning once, until tender-crisp, about 4 minutes. Remove to cutting board and let cool slightly; thinly slice crosswise.

In saucepan of boiling water, cook noodles according to package instructions. Drain and rinse under cold water; drain well.

In large bowl, whisk together vinegar, sesame seeds, soy sauce, sesame oil,

mustard and remaining vegetable oil. Add noodles, bok choy, three-quarters of the green onions and the carrots; toss to coat. Top with pork and remaining green onions.

**PER SERVING:** about 437 cal, 37 g pro, 12 g total fat (2 g sat. fat), 49 g carb (4 g dietary fibre, 4 g sugar), 61 mg chol, 402 mg sodium, 821 mg potassium. % RDI: 9% calcium, 24% iron, 74% vit A, 35% vit C, 27% folate.

**TIP FROM THE TEST KITCHEN**

Look for bags of precut matchstick or shredded carrots in the produce section of your grocery store (alongside bagged salads).

*Time-Saver*

Use precut matchstick carrots.







*Serve with lemon wedges for a hit of acidity.*

#### Spiced Whole Grains:

- 1 cup quick-cooking whole grain blend (such as PC Blue Menu Brown Rice With Barley and Spelt Blend)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp harissa paste
- ¼ tsp each paprika, salt and pepper
- ¼ cup each chopped fresh chives and fresh cilantro

**Grilled Chicken and Pepper:** In small bowl, whisk together honey, harissa, vinegar, garlic and half each of the salt and pepper. Set aside.

Halve and core red pepper; cut each half into thirds. Toss with oil and remaining salt and pepper.

Place chicken on greased grill over medium-high heat; close lid and grill for 5 minutes. Turn chicken, brushing all over with half of the honey mixture. Close lid and grill until no longer pink inside, about 4 minutes.

While chicken is grilling, place red pepper on greased grill over medium-high heat; close lid and grill, turning once, until tender, 7 to 8 minutes.

Turn chicken and red pepper; brush chicken with remaining honey mixture. Close lid and grill for 1 minute.

**Spiced Whole Grains:** While chicken and red pepper are cooking, cook grains according to package instructions; let cool slightly. In large bowl, whisk together oil, lemon juice, harissa, paprika, salt and pepper. Stir in grains, chives and cilantro. Serve with chicken and red pepper.

**PER SERVING:** about 452 cal, 32 g pro, 14 g total fat (2 g sat. fat), 49 g carb (6 g dietary fibre, 11 g sugar), 66 mg chol, 397 mg sodium, 622 mg potassium. % RDI: 4% calcium, 17% iron, 21% vit A, 135% vit C, 7% folate. ●

#### TIP FROM THE TEST KITCHEN

To halve a chicken breast horizontally, hold your knife with the blade parallel to your cutting board, halfway up the thickness of the chicken. Place your other hand firmly on top of the chicken and slice completely through the breast.

## HARISSA GRILLED CHICKEN WITH SPICED WHOLE GRAINS

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Harissa paste—a North African condiment made with chilies, cumin and coriander—spices up this simple grilled dish. On another night, try the harissa glaze on grilled steak or salmon.

#### Grilled Chicken and Pepper:

- 2 tbsp liquid honey
- 1 tbsp harissa paste
- 1 tsp red wine vinegar
- 3 cloves garlic, finely grated or pressed
- ¼ tsp each salt and pepper
- 1 sweet red pepper
- 2 tsp olive oil
- 2 boneless skinless chicken breasts (about 450 g total), halved horizontally





Learn how to store herbs and other greens for maximum freshness at [canadianliving.com/herbs](http://canadianliving.com/herbs).

## GRILLED LAMB KOFTAS WITH CUCUMBER RAITA

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

The grilled koftas are also delicious served with hummus and a cucumber-and-tomato salad instead of pitas.

### Cucumber Raita:

- ½ cup plain Balkan-style yogurt
- ⅓ cup grated peeled cucumber, squeezed and patted dry
- 2 tbsp finely chopped fresh mint
- 2 tsp lime juice
- 1 small clove garlic, finely grated or pressed
- pinch each salt and pepper

### Koftas:

- 450 g ground lamb
- half small onion, finely chopped
- ⅓ cup chopped fresh cilantro
- 4 cloves garlic, minced
- 2 tsp chili powder
- 1 tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp paprika
- ¼ tsp each salt and pepper
- 2 tsp olive oil
- 8 small (6 inches/15 cm) pitas
- 1 cup coleslaw mix or shredded cabbage
- 1 lime, cut in wedges (optional)

**Cucumber Raita:** In small bowl, stir together yogurt, cucumber, mint, lime juice, garlic, salt and pepper. Set aside.

**Koftas:** In large bowl, stir together lamb, onion, cilantro, garlic, chili powder, coriander, cumin, paprika, salt and pepper. Form into eight 4-inch (10 cm) long sausage-shaped ovals, pressing to pack.

Thread onto 8 metal or soaked wooden skewers; brush koftas all over with oil. Place on greased grill over medium-high heat; close lid and grill, turning once, until grill-marked and no longer pink inside and instant-read thermometer inserted in several reads 160°F (71°C), 8 to 10 minutes.



**To finish:** While koftas are cooking, grill pitas over medium-high heat, turning once, until warmed and grill-marked, about 2 minutes. Top pitas with raita, coleslaw and koftas. Serve with lime wedges (if using).

**PER SERVING:** about 571 cal, 34 g pro, 16 g total fat (6 g sat. fat), 74 g carb (4 g dietary fibre, 4 g sugar), 60 mg chol, 988 mg sodium, 604 mg potassium. % RDI: 18% calcium, 40% iron, 11% vit A, 15% vit C, 55% folate.

**TIP FROM THE TEST KITCHEN**

For a thick and creamy raita, squeeze and pat dry the grated cucumber before stirring it into the yogurt.





## GRILLED ASPARAGUS PIZZA 🍕 🌱

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

If pizza is a family favourite in your house, this summery grilled version will be a hit. Take the dough out of the fridge about 15 minutes before using so it's easier to shape.

- 2 tbsp olive oil
- 2 cloves garlic, finely grated or pressed
- 2 tsp dried oregano
- ½ tsp grated lemon zest
- ¼ tsp hot pepper flakes
- pinch each salt and pepper

- 1 bunch asparagus (about 450 g), trimmed
- 350 g prepared pizza dough
- 1⅓ cups shredded mozzarella cheese
- ½ cup halved cherry tomatoes

In small bowl, whisk together half of the oil, the garlic, oregano, lemon zest, hot pepper flakes, salt and pepper. Set aside.

Toss asparagus with 1 tsp of the remaining oil. Place on greased grill over medium-high heat; close lid and grill, turning often, until grill-marked and tender-crisp, 6 to 8 minutes. Set aside.

On lightly floured work surface, roll or press out dough to form 16- x 8½-inch (40 x 22 cm) oval. Brush 1 side with 1 tsp of the remaining oil. Place, oiled

side down, on greased grill over medium heat; grill, uncovered, until bubbles form on top and bottom is grill-marked, about 3 minutes. Brush with remaining oil.

Reduce heat to medium-low; flip crust and brush with garlic mixture. Top with mozzarella, asparagus and tomatoes. Close lid and grill until cheese is melted and bottom is browned, 5 to 8 minutes.

**PER SERVING:** about 436 cal, 17 g pro, 22 g total fat (8 g sat. fat), 45 g carb (4 g dietary fibre, 6 g sugar), 34 mg chol, 572 mg sodium, 364 mg potassium. % RDI: 31% calcium, 26% iron, 17% vit A, 15% vit C, 86% folate. ●

**TIP FROM THE TEST KITCHEN**

Barbecue temperatures vary, so keep an eye on the bottom of the crust to make sure it doesn't burn.

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Plum and  
Nectarine  
Crumble, p. 103



# Shaking the Tree

Fresh-from-the-orchard fruits star in  
these laid-back summer desserts.

BY IRENE FONG & THE TEST KITCHEN PHOTOGRAPHY BY RYAN SZULC





*Serve with  
whipped cream  
or ice cream.*

# MINI CHERRY GAULETTES

**Hands-on time:** 30 minutes  
**Total time:** 1½ hours  
**Makes:** 4 mini galettes

Juicy fresh cherries star in this simplified alternative to pie. Make the fruit filling at the last minute, otherwise the sugar will draw out the cherry juices, making assembly messier.

- half pkg (450 g pkg) frozen butter puff pastry, thawed
- 2 cups halved pitted cherries (about 3 cups whole cherries)
- ¼ cup granulated sugar
- 3 tbsp cornstarch
- ½ tsp grated lemon zest
- 1 tbsp lemon juice
- 2 tsp vanilla
- pinch salt

- 1 egg
- 2 tbsp apricot jam
- 1 tbsp sliced almonds, toasted (optional)

On lightly floured large sheet of parchment paper, gently roll out pastry into 12-inch (30 cm) square. Cut into four 6-inch (15 cm) squares. Trim 1 inch (2.5 cm) off every corner of each square to make rough hexagon shapes.

In bowl, stir together cherries, sugar, cornstarch, lemon zest, lemon juice, vanilla and salt. Spoon about ½ cup of the mixture into centre of each of the pastry shapes, leaving 1-inch (2.5 cm) border. Fold edges of pastry around cherry mixture to make 4-inch (10 cm) rounds. Cut excess parchment paper around galettes; using parchment, transfer to parchment paper-lined large rimmed baking sheet.

In small bowl, lightly beat egg with 2 tsp water; brush over edges of pastry. Bake on bottom rack of 400°F (200°C) oven until pastry is golden and cherries are slightly softened, about 25 minutes. Let cool completely on baking sheet on rack, about 30 minutes.

While galettes are cooling, in small microwaveable bowl, mix jam with 2 tsp water. Microwave on high until mixture is liquid, about 30 seconds. Brush over galettes. Sprinkle with almonds (if using).

**PER MINI GALETTE:** about 361 cal, 5 g pro, 14 g total fat (7 g sat. fat), 55 g carb (2 g dietary fibre, 31 g sugar), 36 mg chol, 164 mg sodium, 181 mg potassium. % RDI: 1% calcium, 11% iron, 7% vit A, 10% vit C, 4% folate.



**Learn four ways to pit cherries at [canadianliving.com/cherry](http://canadianliving.com/cherry).**



## CREAMY PEACH SHERBET



**Hands-on time:** 30 minutes

**Total time:** 6 hours

**Makes:** 8 to 10 servings

This light and refreshing sherbet is great for using up the soft, ripe peaches in the basket. Freestone peaches are much easier to pit than the clingstone variety; they're ready a little later in the season but are worth the wait.

1.2 kg ripe peaches (about 6)  
½ cup granulated sugar  
1⅓ cups milk  
⅔ cup whipping cream (35%)  
1 tsp vanilla  
¼ tsp salt

Score an X in bottom of each peach. In saucepan of boiling water, cook peaches until peels begin to loosen, about 30 seconds. Transfer to bowl of ice water and chill for 1 minute; drain. Using paring knife, peel off skins. Remove pits and dice flesh to yield 4 cups.

In saucepan, cook peaches and sugar over medium-high heat, stirring frequently, until peaches are softened, liquid has thickened and mixture reaches jam-like consistency, about 7 minutes. Scrape into blender; purée until smooth. Let cool slightly, about 5 minutes.

In large bowl, stir together peach mixture, milk, cream, vanilla and salt. Place plastic wrap directly on surface. Refrigerate until chilled, about 1 hour.

Process in ice cream machine according to manufacturer's instructions. Spoon into large airtight freezer-safe container. Freeze until firm, about 4 hours.

PER EACH OF 10 SERVINGS: about 138 cal, 2 g pro, 6 g total fat (4 g sat. fat), 20 g carb (2 g dietary fibre, 18 g sugar), 23 mg chol, 78 mg sodium, 211 mg potassium. % RDI: 5% calcium, 1% iron, 10% vit A, 7% vit C, 2% folate.

## PLUM AND NECTARINE CRUMBLE



**Hands-on time:** 20 minutes

**Total time:** 1¾ hours

**Makes:** 12 servings

Here's the perfect ending to a summer meal: a rustic home-style crumble made with juicy stone fruit. There's no need to peel the plums and nectarines—the skins soften as the fruit cooks and



impart a lovely blush colour to the sauce. Serve warm with a scoop of ice cream or a dollop of whipped cream.

### Fruit Filling:

600 g firm ripe red plums (about 4)  
600 g firm ripe nectarines (about 3 large)  
¼ cup liquid honey  
2 tbsp all-purpose flour  
2 tsp vanilla

### Crumble Topping:

1 cup granulated sugar  
¾ cup all-purpose flour  
¼ cup large-flake rolled oats  
1 tsp ground ginger  
⅓ cup cold butter, cubed

**Fruit Filling:** Halve and pit plums and nectarines; cut into generous ½-inch (1 cm) thick wedges.

In large bowl, toss together plums, nectarines, honey, flour and vanilla. Scrape into 8-cup (2 L) oval casserole dish. Set aside.

**Crumble Topping:** In separate bowl, whisk together sugar, flour, oats and ginger. Using fingers, rub in butter until mixture resembles coarse crumbs. Using hands, squeeze mixture to form clumps. Sprinkle over plum mixture.

**To finish:** Bake in 350°F (180°C) oven until filling is bubbly and crumble is golden, about 1 hour. Let stand for 15 minutes before serving.

PER SERVING: about 211 cal, 2 g pro, 6 g total fat (3 g sat. fat), 40 g carb (2 g dietary fibre, 30 g sugar), 14 mg chol, 37 mg sodium, 176 mg potassium. % RDI: 1% calcium, 6% iron, 7% vit A, 8% vit C, 7% folate. ●



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August 2015

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# berry sweet

Beat the heat with this three-ingredient icy treat that appeals to the kid in all of us.

BY AMANDA BARNIER & THE TEST KITCHEN

## STRAWBERRY SNOW CONES

In small saucepan, bring  $\frac{1}{2}$  cup granulated sugar and  $\frac{1}{4}$  cup water to boil; cook, stirring often, for 1 minute. Let cool completely. Purée 6 cups hulled strawberries with 2 tsp vanilla until smooth. Add sugar mixture; blend until combined. Pour into 8-inch (2 L) square cake pan; cover with plastic wrap and freeze until firm, about 4 hours. Using fork, scrape mixture to form crystals. Spoon into paper cones or serving dishes.

**Makes 6 servings.**

PER SERVING: about 102 cal, 1 g pro, trace total fat (trace sat. fat), 25 g carb (2 g dietary fibre, 22 g sugar), 0 mg chol, 2 mg sodium, 170 mg potassium. % RDI: 2% calcium, 4% iron, 108% vit C, 12% folate. ●

TIP FROM  
THE TEST  
KITCHEN

To keep the snow cones from melting too quickly, place your serving dishes in the freezer to chill about 20 minutes ahead of time.

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than ice cream!*



Watch how to make these snow cones at [canadianliving.com/snowcones](http://canadianliving.com/snowcones).





  
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